



# BODYBALANCE

97

## MUSIC

### EXPRESS FORMATS

#### 01. YOGA WARM-UP

#### 02. SUN SALUTATIONS

#### 03A. STANDING STRENGTH

#### 03B. STANDING STRENGTH

#### 04A. BALANCE

#### 04B. 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

**You & Me** (5:33)  
DWY  
© 2021 Dreaming With You under exclusive license to Independent.  
Written by: Pothof
- 02

**Burning Skies** (6:19)  
NOAM DEE feat. Voces Del Futuro  
Courtesy of Les Mills Music Licensing Ltd.  
Written by: Fairley
- 03a

**Brave** (2:10)  
Ella Henderson  
© 2021 Warner Music UK.  
Written by: Henderson, Ball, Decilveo, Kamilie, Riley
- Brave** (3:21)  
Ella Henderson  
© 2021 Warner Music UK.  
Written by: Henderson, Ball, Decilveo, Kamilie, Riley
- 03b

**Missing Piece** (3:36)  
Vance Joy  
© 2022 Liberation Records.  
Written by: Little, Joy
- 04a

**One (Remix)** (3:16)  
Alexis Ffrench  
© 2020 Alexis Ffrench, under exclusive license to Sony Music Masterworks, a division of Sony Music Entertainment.  
Written by: Ffrench, Morgan
- 04b

**WONDER (reimagined by PVRIS)** (4:15)  
morgxn  
© 2020 Spaghetti & Meatballs LLC d/b/a 'what is vital'.  
Written by: Zudeck, Go, Thunstrom, Karr
- 05

**Show Me** (6:59)  
Big Wild feat. Hundred Waters  
© 2017 Foreign Family Collective.  
Written by: Stell, Miglis, Garonzik, Tryon, Tetreault
- 06

**Cloudy Day** (3:05)  
Chocolate Chip Army  
© 2022 Les Mills Music Licensing Ltd.  
Written by: Watson
- 07

**Smile (See the Light)** (3:23)  
Paul White feat. Iyama & Remix  
© 2020 R&S Records.  
Written by: White, Bond

- 08

**LAst dAy oN EaRTh** (2:53)  
Tai Verdes  
© 2022 Fourth Wall LLC, under exclusive license to last nite/ Arista Records a division of Sony Music Entertainment.  
Written by: Friedman, Conrad, Linvill, Colon
- 09a

**We Dont Have To Take Our Clothes Off** (3:50)  
Ella Eyre  
Courtesy of the Universal Music Group.  
Written by: Walden, Glass
- 09b

**I Will Follow You** (2:34)  
Toulouse  
Courtesy of the Universal Music Group.  
Written by: Altman, Pourcel, Plante, Gimbel, Mauriat
- 10

**Sky Whisper** (5:26)  
Stanton Lanier  
© 2022 Music To Light The World.  
Written by: Lanier
- BONUS 01

**Good Nights** (2:49)  
Whethan feat. Mascolo  
© 2017 Atlantic Recording Corporation.  
Written by: Mascolo, Snoreck



# 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 04a          | Balance                   | Track 05              | Hip Openers               |
| Track 06           | Core – Abdominals         | Track 08              | Twists                    |
|                    |                           | Track 09a             | Forward Bends/ Hamstrings |
| Track 07           | Core – Back               | Track 09b             | Forward Bends/ Hamstrings |
| Total Time         | 25:14                     | Total Time            | 28:08                     |
| Track 10           | Relaxation/ Meditation    | Track 10              | Relaxation/ Meditation    |
| 45-MINUTE STRENGTH |                           | 45-MINUTE FLEXIBILITY |                           |
| Track 01           | Yoga Warm-up              | Track 01              | Yoga Warm-up              |
| Track 02           | Sun Salutations           | Track 02              | Sun Salutations           |
| Track 03a          | Standing Strength         | Track 03a             | Standing Strength         |
| Track 03b          | Standing Strength         | Track 03b             | Standing Strength         |
| Track 04a          | Balance                   | Track 04a             | Balance                   |
| Track 04b          | Balance                   | Track 04b             | 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            | 41:25                     |
| Total Time         | 40:54                     | Track 10              | Relaxation/ Meditation    |
| Track 10           | Relaxation/ Meditation    |                       |                           |

**PLEASE NOTE:** Option to switch Balance Track 04a with Balance Track 04b.

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

## RELEASE FEEDBACK

Tell us what you think of this release.  
Visit [lesmills.com/release-feedback](https://lesmills.com/release-feedback)

# KEY

|       |                                              |        |                                               |
|-------|----------------------------------------------|--------|-----------------------------------------------|
| Alt   | 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 97



L–R: Khiran Huston, Yayoi Matches, Joash Fahitua, Fraser Beck, Kylie Gates

## 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.

**Yayoi Matches** (New Zealand) lives in Auckland and has worked as a professional ballet dancer internationally for 5 years.

Hello to all you wonderful international BODY BALANCER's! I know we say this every time, but this release is truly a special one.

Some of the music made us weep as we were choreographing. A lot of the movements, challenges, optional advancements, and potential transitions made us laugh uproariously, but most of all, when it was finished and we went through the workout over and over, it just went by far too quickly.

We think that this is a sign that we've made a class that will transport you somewhere else, as it does for us.

Every track is a highlight! Every option that you can choose to take turns the workout into something different each time you do it.

So take this release and have fun with it. Play with your class, encourage the joy of the options, and hopefully it doesn't go by too quickly.

Lots of love,  
Jackie and Diana

## CREDITS

**Program Directors** – Dr. Jackie Mills and Diana Archer Mills

**Chief Creative Officer** – Dr. Jackie Mills

**Creative Director** – Kylie Gates

**Technical Consultant** – Andrew Newmarch

**Program Coach** – Kylie Gates

**Production Coordinator** – Laura Jackson



# 01. YOGA WARM-UP



## TRACK FOCUS

Connect through breath to mobilize and activate the body.

| MUSIC |                             |      | SEQUENCE/EXERCISE |                                                                                | CTS |
|-------|-----------------------------|------|-------------------|--------------------------------------------------------------------------------|-----|
| 0:05  | V1/ _ Wake up               | 2x8  | A                 | Lie supine, facing L, knees bent                                               | 16  |
| 0:20  | _ You and I                 | 2x8  | B                 | Inhale/Exhale – <b>Hug Knees To Chest</b>                                      | 16  |
| 0:34  | PC / _ Swept up             | 6x8  | B <sup>1</sup>    | 3x <b>Hip and Hamstring Stretch</b> L&R                                        |     |
|       |                             |      |                   | Inhale/Exhale – <b>L Knee To Chest, extend R leg on floor</b>                  | 8   |
|       |                             |      |                   | Inhale/Exhale – <b>R Knee To Chest, extend L leg on floor</b>                  | 8   |
|       |                             |      |                   | After first round ⬆ <b>Hamstring Stretch</b> , extend top leg                  |     |
| 1:16  | V2 / _ I ain't got          | 4x8  |                   | Inhale/Exhale – <b>Hip Bridge</b>                                              | 16  |
|       |                             |      |                   | Inhale/Exhale – <b>Lower down</b>                                              | 16  |
| 1:44  | C / some <b>issues</b>      | 4x8  | C                 | 2x <b>Hip Bridge</b> (fast)                                                    |     |
|       |                             |      |                   | Inhale – <b>Hip Bridge</b>                                                     | 8   |
|       |                             |      |                   | Exhale – <b>Lower down</b>                                                     | 8   |
| 2:13  | V3 / _ Wake up              | 1x8  | C <sup>1</sup>    | Roll over, facing R                                                            | 8   |
| 2:20  | The <b>night</b>            | 3x8  | D                 | Inhale/Exhale – <b>Childs Pose</b>                                             | 24  |
|       |                             |      |                   | ⬆ Fingertips press on floor, arms lifted off floor                             |     |
| 2:41  | PC / _ Swept up             | 6x8  | E                 | 3x <b>Extended Cow Pose, Childs Pose</b>                                       |     |
|       |                             |      |                   | Inhale – <b>Extended Cow Pose</b>                                              | 8   |
|       |                             |      |                   | ⬆ Cow Pose                                                                     |     |
|       |                             |      |                   | Exhale – <b>Childs Pose</b>                                                    | 8   |
|       |                             |      |                   | Last round, ⬆ Crouch Pose                                                      |     |
| 3:23  | V4 / _ I ain't got          | 4x8  |                   | Inhale/Exhale – <b>Down Dog</b> , walking through feet                         | 32  |
| 3:51  | C / some <b>issues</b>      | 4x8  | F                 | Inhale – Roll F to <b>Horse Stance</b>                                         | 4   |
|       |                             |      |                   | Inhale – <b>Pointer</b> L, L leg, R arm lifts                                  | 4   |
|       |                             |      |                   | Exhale – Lower to <b>Horse Stance</b>                                          | 4   |
|       |                             |      |                   | Exhale – <b>Down Dog</b>                                                       | 4   |
|       |                             |      |                   | ⬆ Childs Pose                                                                  |     |
|       |                             |      |                   | Repeat to R                                                                    | 16  |
| 4:20  | Instr /                     | 1x8  | F <sup>1</sup>    | Walk feet towards hands                                                        | 8   |
| 4:27  | <b>You</b> said it's (Echo) | 3x8  | G                 | Inhale/Exhale – <b>Forward Fold with Shoulder Stretch</b>                      | 24  |
| 4:48  | C / some <b>issues</b>      | 4x8  |                   | 2x <b>Baby Back Bend, Forward Fold</b>                                         |     |
|       |                             |      |                   | Inhale – Roll up to standing, hands stay clasped behind, <b>Baby Back Bend</b> | 8   |
|       |                             |      |                   | Exhale – <b>Forward Fold with Shoulder Stretch</b>                             | 8   |
| 5:16  | Outro /                     | 3½x8 |                   | Inhale – <b>Extended Mountain Pose</b> , hands clasped O/H                     | 8   |
|       |                             |      |                   | Exhale – <b>Side Bend</b> L                                                    | 8   |
|       |                             |      |                   | Inhale – <b>Extended Mountain Pose</b> , hands clasped O/H                     | 4   |
|       |                             |      |                   | Exhale – <b>Side Bend</b> R                                                    | 8   |



# 01. YOU & ME 5:33mins

## TECHNIQUE AND COACHING

### KNEES TO CHEST

#### Layer 1

- Come down to your back, lie side-on
- Bring the knees into the chest
- Hug the knees

#### Layer 3

- Breathe into your body

### HIP AND HAMSTRING STRETCH

#### Layer 1

- Extend legs out long, one at a time, then switch
- Breathe into the back of the legs

#### Layer 3

- If you can, extend the legs if that feels good
- Keep a slight bend as you warm up

### HIP BRIDGE

#### Layer 1

- Feet close to butt
- Inhale, **squeeze glutes** and slowly lift the hips away from the floor
- Exhale, come back down slowly

#### Layer 3

- Work through the articulation of the spine on the way down
- It's like a massage into the body
- More breath into the body

### CHILDS POSE – COW POSE

#### Layer 1

- Grab the back of the legs, roll up and over
- Knees wide
- Big toes together
- Lengthen your arms forward
- Lower the chest down towards the floor

#### Layer 3

- Use the breath to release the mind and release any tension in the body

### EXTENDED COW POSE – CHILDS POSE

#### Layer 1

- Come forward into Cow Pose, **squeeze glutes**
- Return to Childs Pose
- Roll through the spine and feel the stretch into the belly
- Option to tuck toes under, knees off the floor in Childs Pose

#### Layer 3

- Lengthen the spine on the Cow Pose
- Use a beautiful slow breath as you come forward
- Exhale slowly as you sit the hips back

### DOWN DOG

#### Layer 1

- Inhale, tuck the toes under to Down Dog
- Exhale, hips push up and back
- Pedal the heels one by one

#### Layer 3

- Feel the stretch in the back of the legs
- Rotate the elbows down towards the floor
- Feel how that secures the shoulder blades connecting to the ribs, giving us a stable shoulder joint

### HORSE STANCE – POINTER

#### Layer 1

- Inhale, roll the body forward
- Exhale, knees down
- Inhale, lifting front leg and back arm
- Exhale, press back to Down Dog

#### Layer 3

- Full breath out to lift the hips high



# 01. YOU & ME 5:33mins

## TECHNIQUE AND COACHING

### FORWARD FOLD WITH SHOULDER STRETCH

#### Layer 1

- Walk feet up to hands
- Feet hip-width apart, **belly braced**
- **Bend knees**, Forward Fold
- Clasp hands behind the tail bone
- Deep breath in and take arms over head to stretch shoulders
- Feeling the belly and chest on thighs

#### Layer 3

- Engage the triceps to energize the mid back

### BABY BACK BEND TO FORWARD FOLD

#### Layer 1

- Hold this position as we extend our mountain
- Inhale, bend knees as we lift
- Exhale, Baby Back Bend – **squeeze butt**
- Rolling down, folding forward
- Lifting belly
- Press through the heels as we rise

#### Layer 3

- Full tuck of the chin as we fold
- Open the heart space

### EXTENDED MOUNTAIN POSE AND SIDE BEND

#### Layer 1

- Inhale, extend the mountain
- Release hands
- Clasp hands over head
- Side Bend
- Up and over

#### Layer 3

- Breathe deeply into your body

### ESSENCE TIPS

This Yoga Warm-up is simple and beautiful, perfectly matched to the music.

We are starting on the floor on your back, side-on. Clear coaching of naming the pose and using body part and direction (BPD) cues, along with breath cues, are paramount to creating the mind-body connection.

These poses mobilize and awaken the spine, shoulders and hips, preparing participants for the workout ahead. Give options and levels of range of motion so they can take what is right for them today.



# 02. SUN SALUTATIONS



## TRACK FOCUS

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

| MUSIC |                                               | SEQUENCE/EXERCISE                       |                                                                | CTS |
|-------|-----------------------------------------------|-----------------------------------------|----------------------------------------------------------------|-----|
|       |                                               | Facing R, <b>Extended Mountain Pose</b> |                                                                |     |
| 0:01  | V / <b>How</b> does the sun                   | 16x8                                    | <b>Sun Salutations Sequence A R</b>                            |     |
|       |                                               |                                         | Inhale – <b>Intense Pose</b>                                   | 8   |
|       |                                               |                                         | Exhale – <b>Forward Fold</b>                                   | 8   |
|       |                                               |                                         | Inhale – <b>Flat Back Extend</b>                               | 8   |
|       |                                               |                                         | Exhale – <b>Forward Fold</b>                                   | 8   |
|       |                                               |                                         | Inhale – <b>Lunge R</b> (front leg B)                          | 8   |
|       |                                               |                                         | Exhale – <b>Down Dog</b>                                       | 8   |
|       |                                               |                                         | Inhale – <b>Plank Pose</b>                                     | 8   |
|       |                                               |                                         | Options: On knees or toes                                      |     |
|       |                                               |                                         | Exhale – <b>Crocodile Pose</b>                                 | 8   |
|       |                                               |                                         | Inhale – <b>Baby Cobra Pose</b>                                | 8   |
|       |                                               |                                         | ⬆ Up Dog                                                       | 8   |
|       |                                               |                                         | ⬇ Pregnancy Option: Cow Pose                                   |     |
|       |                                               |                                         | Exhale – <b>Down Dog</b>                                       | 8   |
|       |                                               |                                         | Inhale – <b>Lunge L</b> (front leg F)                          | 8   |
|       |                                               |                                         | Exhale – <b>Kneeling Lunge L</b> , R knee lands, arms F to O/H | 8   |
|       |                                               |                                         | Inhale – <b>Lunge L</b>                                        | 8   |
|       |                                               |                                         | Exhale – <b>Forward Fold</b>                                   | 8   |
|       |                                               |                                         | Inhale – <b>Intense Pose to Extended Mountain Pose</b>         | 8   |
|       |                                               |                                         | Exhale – <b>Baby Back Bend</b> , hands clasped behind back     | 8   |
| 1:04  | V / <b>How</b> does the sun (Additional beat) | 16x8 A                                  | Repeat <b>Sun Salutations Sequence A L</b>                     | 128 |
| 2:07  | C / fires are <b>burning</b>                  | 16x8 A                                  | <b>Sun Salutations Sequence B R</b>                            |     |
|       |                                               |                                         | Inhale – <b>Intense Pose</b>                                   | 8   |
|       |                                               |                                         | Exhale – <b>Forward Fold</b>                                   | 8   |
|       |                                               |                                         | Inhale – <b>Flat Back Extend</b>                               | 8   |
|       |                                               |                                         | Exhale – <b>Forward Fold</b>                                   | 8   |
|       |                                               |                                         | Inhale – <b>Lunge R</b> (front leg B)                          | 8   |
|       |                                               |                                         | ⬆ Jump to Plank                                                |     |
|       |                                               |                                         | Exhale – <b>Down Dog</b>                                       | 8   |
|       |                                               |                                         | Inhale – <b>Plank Pose</b>                                     | 8   |
|       |                                               |                                         | Options: On knees or toes                                      |     |
|       |                                               |                                         | Exhale – <b>Crocodile Pose</b>                                 | 8   |
|       |                                               |                                         | Inhale – <b>Baby Cobra Pose</b>                                | 8   |
|       |                                               |                                         | ⬆ Up Dog                                                       | 8   |
|       |                                               |                                         | ⬇ Pregnancy Option: Cow Pose                                   |     |
|       |                                               |                                         | Exhale – <b>Down Dog</b>                                       | 8   |
|       |                                               |                                         | Inhale – <b>Lunge L</b> (front leg F)                          | 8   |
|       |                                               |                                         | Exhale – <b>Arms F to O/H</b>                                  | 8   |
|       |                                               |                                         | ⬇ Kneeling Lunge                                               |     |
|       |                                               |                                         | Inhale – <b>Lunge L</b> , hands to floor                       | 8   |
|       |                                               |                                         | Exhale – <b>Forward Fold</b>                                   | 8   |
|       |                                               |                                         | Inhale – <b>Intense Pose to Extended Mountain Pose</b>         | 8   |
|       |                                               |                                         | Exhale – <b>Baby Back Bend</b> , hands clasped behind back     | 8   |
| 3:10  | V / <b>How</b> does the sun (Child singing)   | 16x8 A <sup>1</sup>                     | Repeat <b>Sun Salutations Sequence B L</b>                     | 128 |
| 4:13  | C / suuuunn                                   | 16x8 A <sup>1</sup>                     | Repeat <b>Sun Salutations Sequence B R</b>                     | 128 |
| 5:16  | Outro / (Tapping noises)                      | 16x8 A <sup>1</sup>                     | Repeat <b>Sun Salutations Sequence B L</b>                     | 128 |



# 02. BURNING SKIES 6:19mins

## TECHNIQUE AND COACHING

### EXTENDED MOUNTAIN POSE TO INTENSE POSE

#### Layer 1

- Starting side-on, at end of the mat
- Inhale, Extended Mountain Pose to Intense Pose
- Hips sit back and down

#### Layer 3

- Finding focus as we flow
- Let's continue the flow

### FORWARD FOLD

#### Layer 1

- Exhale, **bend knees** and fold
- **Brace your belly**
- Tuck your chin in to relax the neck

#### Layer 3

- Controlling this move through the core
- Fold deeper into the breath

### FLAT BACK EXTEND

#### Layer 1

- Inhale, hands to shins
- Shoulders in line with hips
- Lift belly strong

#### Layer 3

- Feel the length in the spine

### LUNGE

#### Layer 1

- Inhale, front leg back to Lunge
- Knee in line with ankle for alignment
- Hips low
- Option – jump and float the body back to high Plank

#### Layer 3

- Keep lifting the chest high for a long spine

### DOWN DOG

#### Layer 1

- Exhale, press back to Down Dog
- Lengthen the spine

#### Layer 3

- Release the breath as you press back

### PLANK POSE

#### Layer 1

- Inhale, roll forward to Plank
- Shoulders over wrists
- Core strong

### 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
- Ripple the breath through the spine

### BABY COBRA POSE/UP DOG

#### Layer 1

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

#### Layer 3

- Open heart, creating space in front of the body
- Let the breath carry you – lift you high



## 02. BURNING SKIES 6:19mins

### TECHNIQUE AND COACHING

#### KNEELING LUNGE

##### Layer 1

- Inhale, step through to Kneeling Lunge
- Back knee down
- Exhale, arms over head
- Option to stay on a high Lunge
- Hips low

##### Layer 3

- Lengthen out of the body as you breathe
- Lengthening high to the sky
- Swoop the arms up with energy, as high as you can go
- How much expression can we find in this pose right here?

#### INTENSE POSE TO EXTENDED MOUNTAIN POSE

##### Layer 1

- Inhale, Intense Pose through to Extended Mountain Pose

##### Layer 3

- Press through the heels
- Power up with your breath

#### BABY BACK BEND

##### Layer 1

- Exhale, hands clasped together behind back
- **Squeeze glutes**

##### Layer 3

- Open the heart
- One last expression

#### ESSENCE TIPS

The most EPIC sound! We hope you love this one.

This flow has 6 rounds so you have time to warm up your participants slowly. When the flow starts, focus on the must-do coaching so everyone can follow easily for the first 2 rounds. This means using clear Layer 1 cues (name of Pose, Alignment Body Part and Direction (BPD) with the exception of the breath. Remember, your participants are breathing! We want them to gain control over their workout and that comes from understanding the sequence FIRST!

For pregnancy options, give the choice for participants to move into Cat/Cow Pose when you get to Cobra/Up Dog. Encourage them to take the Crocodile Pose 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 the class. If you notice anyone taking the options, you can then cater to them throughout the workout.

Once your participants have an understanding of the sequence, add the link to the breathing pattern in the 3rd and 4th rounds. Of course, your regular participants will know where to go already; breath cues help the newer participants understand the information.

In Rounds 5 and 6 it is the time to encourage participants to flow and connect more to the breath-body connection. You can say less to help them immerse more into the music and themselves.

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

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

| MUSIC |                               | SEQUENCE/EXERCISE |                  |                                                                                                                                        | CTS      |
|-------|-------------------------------|-------------------|------------------|----------------------------------------------------------------------------------------------------------------------------------------|----------|
| 0:00  | V1 / <b>Oh darling</b>        | 2x8               | A                | <b>Warrior 1 Sequence</b> R<br>Inhale/Exhale – <b>Warrior 1</b> R, facing R<br>Inhale/Exhale – <b>Eagle Arms</b> R, R arm under        | 8<br>8   |
| 0:13  | <b>I'll handle</b> your       | 2x8               | A <sup>1</sup>   | Inhale/Exhale – <b>Extended Warrior 1 with Eagle Arms</b> , tip F from hips                                                            | 16       |
| 0:27  | C / <b>When trouble</b>       | 4x8               | A <sup>2</sup>   | Inhale/Exhale – <b>Warrior 1 with Eagle Arms</b> R, lift torso<br>Inhale/Exhale – <b>Elbows lift</b> , press hands away<br>⬆ Heel Lift | 16<br>16 |
| 0:53  | C / (Instr)                   | 2x8               | A <sup>3</sup>   | Inhale/Exhale – <b>Arms open</b>                                                                                                       | 16       |
| 1:06  | V2 / <b>Oh darling</b>        | 10x8              | A–A <sup>3</sup> | Repeat <b>Warrior 1 Sequence</b> L                                                                                                     | 80       |
| 2:11  | V3 / <b>Oh darling</b>        | 2x8               | B                | <b>Warrior 2 Sequence</b> R<br>Inhale/Exhale – <b>Warrior 2</b> R                                                                      | 16       |
| 2:24  | <b>I'll handle</b> your       | 2x8               | B <sup>1</sup>   | Inhale/Exhale – <b>Warrior 2 with Arms O/H</b> R<br>⬆ Heel Lift                                                                        | 16       |
| 2:37  | C / <b>When trouble</b>       | 4x8               | B <sup>2</sup>   | Inhale – <b>Left hand to heart center</b><br>Exhale – <b>Reaching Warrior</b> R, reach R hand to diagonal                              | 8<br>24  |
| 3:03  | C / (Instr)                   | 2x8               | B <sup>3</sup>   | Inhale/Exhale – <b>Extended Warrior 2</b> R<br>Options: Elbow to thigh or hand to ankle/floor                                          | 16       |
| 3:16  | V4 / <b>Oh darling</b>        | 10x8              | B–B <sup>3</sup> | Repeat <b>Warrior 2 Sequence</b> L                                                                                                     | 80       |
| 4:21  | Br / <b>I'm gon' be brave</b> | 4x8               | C                | Inhale/Exhale – <b>Intense Pose</b> , facing F<br>Inhale/Exhale – <b>Warrior 3</b> L                                                   | 16<br>16 |
| 4:48  | C / <b>When trouble</b>       | 4x8               | C                | Inhale/Exhale – <b>Intense Pose</b><br>Inhale/Exhale – <b>Warrior 3</b> R                                                              | 16<br>16 |
| 5:14  | Outro /                       | 2x8               | C <sup>1</sup>   | Inhale/Exhale – <b>Intense Pose</b><br>On last 4 counts – Stand, arms O/H                                                              | 16       |



# 03A. BRAVE 5:31mins

## TECHNIQUE AND COACHING

### WARRIOR 1 SEQUENCE

#### Layer 1

- Warrior 1
- Deep knee bend with the back leg
- Press through the back heel
- Square hips to side wall
- Eagle Arms – back arm swings under the front
- Inhale, hinge forward from the hips, extending your Warrior 1 forward
- Core is strong
- Inhale, upper body rising
- Open the chest and heart space
- Squeeze shoulder blades together
- Option to lift the front heel for deeper hip and stability challenge
- A deep breath in, release and open arms wide to the side

#### Layer 3

- Press through the outside edge of the back foot
- Find depth in your Warrior 1
- Be open to receive the love and build heat in the lower body
- Feeling gratitude for everything we have
- See how much we can load the legs, building strength and power
- When it gets difficult we always have more to give, more love
- Take the love from the universe

### WARRIOR 2 SEQUENCE

#### Layer 1

- Warrior 2, open to the front
- Deep knee bend and breathe your arms wide
- Externally rotate the legs
- Inhale, arms lift above head
- Exhale, front knee pushing out
- Option to lift the heel again
- Inhale, bring hand to heart
- Exhale, reaching Warrior
- Even weight in both legs and core strong
- Inhale, extend your Warrior, elbow on thigh or towards ankle

#### Layer 3

- Bring the love back into the heart
- Look towards your fingertips and send the love to someone special
- Radiate the love out
- Breathe into your posture
- A deep breath into the back of the body
- Sending the love to everyone doing the practice

### INTENSE POSE – WARRIOR 3

#### Layer 1

- Staying low, Intense Pose, feet together
- Inhale, reach arms high
- Exhale, sit the hips back
- Core strong, tuck the tail bone under
- Warrior 3, move slowly
- Arms go back, connect the upper back
- Step back into Intense Pose
- Warrior 3 to the other side

#### Layer 3

- Find balance and strength
- Sink deeper, squeeze through the inner thighs
- Exhale, finding depth in your posture



# 03A. BRAVE 5:31mins

## TECHNIQUE AND COACHING

### ESSENCE TIPS

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

This track provides a wonderful opportunity for your class to explore the progression of the space, freedom and length around their ribcage and back body and powerful lower-body foundations in the Warrior 1, 2 and 3 as well as the Intense 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 and lead with breath through each transition. And lastly, how will you show your love and enjoyment of breathing and moving in this way?



# 03B. STANDING STRENGTH



## TRACK FOCUS

Build power and energy through the whole body.

| MUSIC |                               |       | SEQUENCE/EXERCISE |                                                                                               | CTS |
|-------|-------------------------------|-------|-------------------|-----------------------------------------------------------------------------------------------|-----|
| 0:00  | Intro /                       | 1x8   |                   | Set up Triangle Sequence L, facing front                                                      | 8   |
| 0:05  | V1 / <b>I've</b> been waiting | 4x8   | A                 | <b>Triangle Sequence</b> L<br>Inhale/Exhale – <b>Triangle Pose</b> L                          | 32  |
| 0:24  | PC / But <b>we'll</b> hold    | 4x8   | A <sup>1</sup>    | Inhale/Exhale – <b>Wrap top arm</b><br>⬇️ Keep arm lifted                                     | 36  |
| 0:45  | C / when <b>I'm</b> in a      | 4½x8  | A <sup>2</sup>    | Inhale/Exhale – <b>Triangle Pose with Bind</b> , cup elbows behind back<br>⬇️ Keep arm lifted | 32  |
| 1:04  | V2 / <b>I</b> remember        | 4x8   | A-A <sup>2</sup>  | Repeat <b>Triangle Sequence</b> R                                                             | 100 |
| 2:03  | C / when <b>you're</b> far    | 12½x8 | B                 | Inhale/Exhale – <b>Floating Half Moon Pose</b> R                                              | 32  |
| 2:22  | Br / <b>Oh oh</b> , waste a   | 4x8   | C                 | Inhale/Exhale – <b>Sun Warrior</b> R                                                          | 32  |
| 2:40  | C / when <b>I'm</b> in a room | 4x8   | B                 | Inhale/Exhale – <b>Floating Half Moon Pose</b> L                                              | 32  |
| 2:59  | When <b>you're</b> far        | 4x8   | C                 | Inhale/Exhale – <b>Sun Warrior</b> L                                                          | 32  |
| 3:18  | Outro /                       | 4x8   | D                 | Inhale/Exhale – <b>Wide Squat</b> , arms O/H<br>⬆️ Heels lift                                 | 32  |



# 03B. MISSING PIECE 3:36mins

## TECHNIQUE AND COACHING

### TRIANGLE POSE

#### Layer 1

- Triangle Pose, breathe in and reach out to lengthen the spine
- Exhale, tip forward from the hips and land either on your shin or ankle
- Micro knee bend to take pressure out of the hamstrings
- Inhale, top arm wraps
- Take the full bind
- Grab both your elbows
- Revolve your top shoulder
- Strength through your core and legs

#### Layer 3

- Find length through the body
- Spiral the chest open
- Feeling the back body with the in breath and energy and length in the side body
- Drawing the breath up the legs and spiral heart space to the sky
- Such a strong pose
- Let's continue to explore strength

### FLOATING HALF MOON POSE

#### Layer 1

- Inhale, transfer to Half Moon Pose
- Exhale, fan the arms wide
- Inhale, lift the back leg slowly off the floor
- Exhale, work the top leg to be in line with the spine

#### Layer 3

- Exhale, expand your shape even more
- Keep opening the front hip

### WIDE SQUAT

#### Layer 1

- Coming into Wide Squat
- Inhale, toes turn out slightly
- Exhale, breathe the arms wide
- Other side

#### Layer 3

- Maybe try a Heel Lift

### ESSENCE TIPS

Traditional standing poses of Triangle Pose, Half Moon and Sun Warrior develop 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.

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 them. 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 members 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...



# 04A. BALANCE



## TRACK FOCUS

Inclusive coaching where everyone has a choice and, therefore, their own experience.

| MUSIC |                        |     | SEQUENCE/EXERCISE |                                                                                                                                 | CTS |
|-------|------------------------|-----|-------------------|---------------------------------------------------------------------------------------------------------------------------------|-----|
| 0:00  | Intro /                | 1x8 |                   | Set up <b>Standing Half Lotus</b> L, facing front                                                                               | 8   |
| 0:06  | Instr / aeh<br>(Vocal) | 5x8 | A                 | <b>Balance Sequence</b> L<br>Inhale/Exhale – <b>Standing Half Lotus</b> L, arms F, palms up<br>↓ L toes to floor across R ankle | 40  |
| 0:34  | (Quiet vocal<br>beat)  | 2x8 | A <sup>1</sup>    | Inhale/Exhale – <b>Arms lift O/H</b> , palms facing up                                                                          | 16  |
| 0:46  | C / _ One life         | 2x8 | B                 | Inhale/Exhale – <b>Side Leg Lift</b> L, L knee to side, L hand to L thigh, R arm to diagonal<br>↗ Hook L arm around L thigh     | 16  |
| 0:57  | _ One life             | 2x8 | B <sup>1</sup>    | Inhale/Exhale – <b>Extend L leg</b><br>↓ L leg bent                                                                             | 16  |
| 1:08  | Instr / Oohh           | 4x8 | A                 | Repeat <b>Balance Sequence</b> R<br>Inhale/Exhale – <b>Standing Half Lotus</b> R                                                | 32  |
| 1:31  | Wooo                   | 4x8 | A <sup>1</sup>    | Inhale/Exhale – <b>Arms lift O/H</b>                                                                                            | 32  |
| 1:53  | C / _ One life         | 2x8 | B                 | Inhale/Exhale – <b>Side Leg Lift</b> R                                                                                          | 16  |
| 2:05  | _ One life             | 2x8 | B <sup>1</sup>    | Inhale/Exhale – <b>Extend R leg</b>                                                                                             | 16  |
| 2:16  | Instr / _ (Violin)     | 4x8 | B <sup>1</sup>    | Inhale/Exhale – <b>Side Leg Lift</b> L, L knee bent, extended or Peace Fingers to big toe                                       | 32  |
| 2:39  | (Quiet)                | 4x8 | B <sup>1</sup>    | Inhale/Exhale – <b>Side Leg Lift</b> R, R knee bent, extended or Peace Fingers to big toe                                       | 32  |
| 3:01  | C / _ One life         | 3x8 | C                 | Inhale/Exhale – <b>Angel Pose</b> , heels lift, arms F, palms up to O/H                                                         | 24  |



# 04A. ONE (REMIX) 3:16mins

## TECHNIQUE AND COACHING

### STANDING HALF LOTUS

#### Layer 1

- Come into Mountain Pose
- Standing Half Lotus
- Pick up your right foot, flex the foot, place it up to your thigh
- Hips sit back as you reach the arms forward
- Take another breath in and reach the arms higher

#### Layer 3

- Ground down into the earth
- Exhale, soften into your chair
- Breathing – feel the reach and ease in the arms
- Can you soften even more?

### SIDE LEG LIFT

#### Layer 1

- Hook under the knee
- Draw the knee close to your body
- Steady yourself
- Breathe in and maybe unfold your leg
- Find the options that are right for you
- One more opportunity on each side
- Maybe you can hook the big toe with your Peace Fingers

#### Layer 3

- Expand your shape
- Press down and ground into the floor
- Wherever you are today, just be
- Feel the lift of the heart space and feel the back come alive
- Keep the breath and keep the ease in the body
- Breathe and draw energy into the mid-line
- Hook, ground and breathe
- From doing to just being

### ANGEL POSE

#### Layer 1

- Inhale, rise the heels and arms

#### Layer 3

- We rise as one

### 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 explore strength and grace in our postures: Half Lotus to our Knee Lift with variations. Ease your class into the first round, then coach from a place of encouragement for the second round, offering more choices to unfold the leg or hold the big toe with Peace Fingers.

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.



# 04B. BALANCE



## TRACK FOCUS

Coach to building strength and courage.

| MUSIC |                           | SEQUENCE/EXERCISE |                                                                                                                                                                             | CTS    |
|-------|---------------------------|-------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------|
| 0:05  | V1 / <b>Lately</b> I’ve   | 4x8               | A Inhale/Exhale – <b>Hindi Squat</b> , hands to heart center<br>↓ Sumo Squat                                                                                                | 32     |
| 0:24  | I feel so                 | 4x8               | A <sup>1</sup> Inhale/Exhale – <b>Arms lift</b> , palms press together or arms open                                                                                         | 32     |
| 0:44  | C / I <b>wonder</b>       | 8x8               | B Inhale/Exhale – <b>Bird Pose</b><br>No set timing, option to touch down and roll wrists when needed                                                                       | 64     |
| 1:22  | (Beat)                    | 2x8               | A <sup>2</sup> Inhale/Exhale – <b>Hindi Squat</b> , heels lift, rise to standing, arms O/H                                                                                  | 16     |
| 1:32  | V2 / <b>Some</b> days I’m | 8x8               | C Inhale/Exhale – <b>Dancers Pose</b> L, facing L<br>↑ Standing Mermaid Pose L                                                                                              | 64     |
| 2:10  | C / I <b>wonder</b>       | 4x8               | D Inhale/Exhale – <b>Star Pose</b> L                                                                                                                                        | 32     |
| 2:29  | I <b>wonder</b>           | 8x8               | C Inhale/Exhale – <b>Dancers Pose</b> R, facing R                                                                                                                           | 64     |
| 3:08  | (Choir – “ohh”)           | 4x8               | D Inhale/Exhale – <b>Star Pose</b> R                                                                                                                                        | 32     |
| 3:27  | C / I <b>wonder</b>       | 1x8               | A <sup>3</sup> Inhale – <b>Wide Squat</b> , arms O/H, palms press together, heels lifted, facing front<br>Exhale – Lower hips to <b>Hindi Squat</b> , hands to heart center | 4<br>4 |
| 3:31  | Someone                   | 7x8               | B Inhale/Exhale – <b>Bird Pose</b><br>Option: Bird In A Basket                                                                                                              | 64     |
| 4:05  | Outro /                   | 2x8               | Sit, turn to face L side, lie supine                                                                                                                                        | 16     |

## SMARTSTART

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



# 04B. WONDER (REIMAGINED BY PVRIS) 4:15mins

## TECHNIQUE AND COACHING

### HINDI SQUAT

#### Layer 1

- Hindi Squat – if you know it, go for it
- Otherwise, come with me
- Inhale and come into Sumo Squat
- Exhale, hips sit back, knees out over toes
- Or come all the way down
- Press the elbows into the knees
- Inhale, lift up high into the heart space
- Exhale, ground into the pose
- Everybody take a deep breath in and lift your arms high
- You might want to stay here, you might want to take your arms open or come up into Sumo Squat

#### Layer 3

- Wherever it feels good for you today

### BIRD POSE

#### Layer 1

- We are coming into arm balances
- Starting with Bird Pose
- If you know it, 'go for it', or stay with me
- Set the hands
- Lift the hips high and bring your knees somewhere to the upper part of the arms
- 3 things – scoop the belly, shift the weight forward and keep the eyes forward
- Taking one foot off the floor at a time
- Round 2, breathe in, lift heels and lower yourself down
- Either Bird or Bird In A Basket Pose
- Upper arm comes under the knee
- Same principles: weight shift, scoop belly, eyes forward

#### Layer 3

- Play with it – shake out if you need to and try again
- Maybe taking flight today
- Graceful landing
- Side-on

### DANCERS POSE

#### Layer 1

- Dancers Pose, or Standing Mermaid Pose if you know it
- Grab the inside of the foot – big toe and thumb connect
- Inhale and bring knees together
- Exhale and start to tip forward from the hips
- Bend your standing leg
- Get grounded, press the foot into the hand
- Lift through the top fingers

#### Layer 3

- Find your power. It's in the back body – keep lifting the thigh bone, breathe and feel strong
- Wobbles are good, stay with it
- Find a soft, steady eye gaze
- Keep growing into your space

### STAR POSE

#### Layer 1

- Unfolding into Star Pose
- Square the body to the foot
- Touch down if you need to
- Just start to fall
- Steady your eyes

#### Layer 3

- Inhale, allow yourself to let go – trust yourself



## 04B. WONDER (REIMAGINED BY PVRIS) 4:15mins

### TECHNIQUE AND COACHING

#### ESSENCE TIPS

In this release, we get a second Balance track. If using this track, then you will need to arrange your playlist to fit your time slot.

This track is all about arm and standing balance postures. The connection point to coach from is this 'kind attitude and playful approach', helping everyone through the different levels of the poses. There will always be a variety of abilities in your class, so it's vital that you establish a clear set-up and offer options early on. Bringing a positive and encouraging attitude to your coaching is essential for success to ensure everyone feels included.

All Yoga poses start from the floor up. In hand balances, our hands essentially become our feet and the fingers become like toes, needing to remain active throughout. Spend time with your own practice exploring how it feels and therefore, giving you the base from which to form your coaching.

Bird Pose is not a new pose to us as BODYBALANCE instructors, but always worth revisiting for a technique practice as many of us struggle getting the hand and weight shift in the correct position and may not feel successful in the pose. Arm balances require both strength and courage. Practiced regularly, they will develop core strength, keep the bones sturdy and sharpen our mental discipline.



# 05. HIP OPENERS



## TRACK FOCUS

Breath and acceptance to sustain the poses.

| MUSIC |                                           |     | SEQUENCE/EXERCISE |                                                                                                                                                                                                                 | CTS      |
|-------|-------------------------------------------|-----|-------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|
| 0:00  | Intro /                                   | 8x8 | A                 | Inhale/Exhale – <b>Happy Baby Pose</b><br>Options: Rock from side-to-side, extend one or both legs                                                                                                              | 64       |
| 0:57  | (Beat)                                    | 1x8 |                   | Roll up, turn to face front                                                                                                                                                                                     | 8        |
| 1:04  | Don't let _                               | 5x8 | B                 | Inhale/Exhale – <b>Frog Pose</b>                                                                                                                                                                                | 40       |
| 1:40  | V1 / Don't <b>let</b> me                  | 2x8 | C                 | Inhale/Exhale – <b>Swan Pose</b> L, facing L                                                                                                                                                                    | 16       |
| 1:54  | Don't <b>let</b> me                       | 2x8 | C <sup>1</sup>    | Inhale/Exhale – <b>Extended Swan Pose</b> L, arms F on floor<br>⇓ Swan Pose                                                                                                                                     | 16       |
| 2:08  | (Beat)                                    | 8x8 | C <sup>2</sup>    | Inhale/Exhale – <b>Swan Pose with Quad Stretch</b> L<br>⇓ Mermaid Pose<br>⇓ Extended Swan Pose with Quad Stretch                                                                                                | 64       |
| 3:05  | Instr / ( <b>Bell chime</b> , then piano) | 9x8 | D                 | Inhale/Exhale – <b>Modified Half Lotus</b> L, R foot on floor, L calf or thigh<br>Inhale/Exhale – <b>Extended Modified Half Lotus</b> L, arms F on floor<br>⇓ Modified Half Lotus, staying lifted through chest | 16<br>56 |
| 4:06  | (Faster beat)                             | 2x8 |                   | Turn to R side                                                                                                                                                                                                  | 16       |
| 4:20  | V2 / Don't <b>let</b> me                  | 2x8 | C                 | Inhale/Exhale – Repeat <b>Swan Pose</b> R, facing R                                                                                                                                                             | 16       |
| 4:34  | Don't <b>let</b> me                       | 2x8 | C <sup>1</sup>    | Inhale/Exhale – Repeat <b>Extended Swan Pose</b> R                                                                                                                                                              | 16       |
| 4:48  | (Beat)                                    | 8x8 | C <sup>2</sup>    | Inhale/Exhale – Repeat <b>Swan Pose with Quad Stretch</b> R                                                                                                                                                     | 64       |
| 5:45  | Outro / ( <b>Bell chime</b> , then piano) | 9x8 | D                 | Inhale/Exhale – Repeat <b>Modified Half Lotus</b> R<br>Inhale/Exhale – Repeat <b>Extended Modified Half Lotus</b> R                                                                                             | 16<br>56 |



# 05. SHOW ME 6:59mins

## TECHNIQUE AND COACHING

### HAPPY BABY POSE

#### Layer 1

- Happy Baby Pose
- Grab your ankles, inside or outside edge of the feet
- Inhale and as you exhale, relax shoulders
- Tail bone connects to the earth

#### Layer 3

- You may want to rock out, or straighten one leg or both legs
- What does your body need today? Breathe into it

### FROG POSE

#### Layer 1

- Grab the back of the thighs and come forward 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

#### Layer 3

- We are here for a while so explore
- As you exhale, allow yourself to melt into the posture

### SWAN POSE WITH QUAD/MERMAID POSE

#### Layer 1

- Let's make our way to Swan Pose
- Push yourself up
- 90/90 is our first level
- Otherwise, inhale heel to groin for Swan Pose
- Exhale, roll the hip forward towards the heel
- You may come forward, reach out, elbows or fists together to cushion forehead
- Inhale – push up and set up for Quad Stretch or Mermaid Pose
- Reach back and grab your foot
- You can stay with Quad Stretch. Upright, extending forward
- If you're doing the Mermaid Pose, bring the foot into the elbow crease and link the fingers together over head

#### Layer 3

- Get comfortable in the pose
- Plenty of time to explore the posture
- Be active as you kick the foot into the hand or be more passive – relax down
- Just you and your hips; use your breath to ease into the posture
- Square your hips and shoulders to the side
- Take a deep breath in and as you exhale, drop evenly through both hips
- We want the deep stretch in the quads, that's where we hold the tension
- Stay deeply connected to the breath



# 05. SHOW ME 6:59mins

## TECHNIQUE AND COACHING

### MODIFIED HALF LOTUS

#### Layer 1

- Slowly coming out of Swan Pose
- Modified Half Lotus
- Swing the back leg around
- We have 3 positions: crossed legs in front, foot onto the shin or knee
- Lift your butt up and push it back
- Inhale, draw the belly in and come as far forward as you can

#### Layer 3

- Let's give some weight to the stretch
- Tuck your chin in
- You may wander over to one side then the other
- Wherever you are, try and soften down your shoulders, face and eyes

### ESSENCE TIPS

In these poses, acknowledge we are all built differently; 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 openers track.

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

When we give the options (and 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 pelvis in all moves and coaching of breath for control.

| MUSIC |                           |     | SEQUENCE/EXERCISE                                                                                                                                                                                                                                                                                                                                                                              |  | CTS           |
|-------|---------------------------|-----|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|---------------|
| 0:00  | Intro /                   | 1x8 | Lie supine, facing L, knees over hips, fingertips to temples<br>⬇️ Pregnancy Option: On elbows                                                                                                                                                                                                                                                                                                 |  | 8             |
| 0:04  | V1 / Am I <b>living</b>   | 8x8 | A 2x <b>Alt Leg with Crunch Pulse</b> (slow) L&R<br>Inhale/Exhale – 7x <b>Crunch Pulse</b> , R toes to floor (front foot), knees bent (pulse up = 1 count, down = 1 count)<br>Inhale/Exhale – <b>Lower down, knees over hips</b><br>⬇️ Pregnancy Option: On elbows, L foot to floor, pulse R knee towards chest<br>Repeat to R (back toes to floor)                                            |  | 14<br>2<br>16 |
| 0:38  | PC / But your <b>mama</b> | 4x8 | A <sup>1</sup> 2x <b>Alt Leg with Crunch Pulse</b> (fast) L&R<br>Inhale/Exhale – 3x <b>Crunch Pulse</b> , R toes to floor (front foot), knees bent (pulse up = 1 count, down = 1 count)<br>Inhale/Exhale – <b>Lower down, knees over hips</b><br>⬆️ Extend L leg (back leg)<br>⬇️ Pregnancy Option: On elbows, L foot to floor, pulse R knee towards chest<br>Repeat to R (back toes to floor) |  | 6<br>2<br>8   |
| 0:54  | C / But your <b>mama</b>  | 4x8 | B 8x <b>Cross Crawl</b> (L&R)<br>Inhale/Exhale – <b>Cross Crawl</b> L (to front)<br>Inhale/Exhale – <b>Cross Crawl</b> R (to B)<br>⬇️ Knees bent, tap toes<br>⬇️ Pregnancy Option: Alt Toe Taps                                                                                                                                                                                                |  | 2<br>2        |
| 1:11  | Instr /                   | 1x8 | Reset – Lie Supine, knees over hips, fingertips to temples                                                                                                                                                                                                                                                                                                                                     |  | 8             |
| 1:15  | V2 / Am I <b>wiser</b>    | 8x8 | A Repeat 2x <b>Alt Leg with Crunch Pulse</b> (slow) L&R<br>⬆️ Extend back leg                                                                                                                                                                                                                                                                                                                  |  | 64            |
| 1:48  | PC / But your <b>mama</b> | 4x8 | A <sup>1</sup> Repeat 2x <b>Alt Leg with Crunch Pulse</b> (fast) L&R                                                                                                                                                                                                                                                                                                                           |  | 32            |
| 2:04  | C / But your <b>mama</b>  | 8x8 | B Repeat 16x <b>Cross Crawl</b> L&R                                                                                                                                                                                                                                                                                                                                                            |  | 64            |
| 2:38  | But your <b>mama</b>      | 6x8 | C Inhale/Exhale – <b>Pilates 100s</b><br>⬇️ Pregnancy Option: R leg extends along floor, L knee bent, toes on floor, reach R arm F, pulse arm – 24 counts, then switch<br>C <sup>1</sup> Inhale/Exhale – <b>Pilates 100s</b> , legs extend to 45°<br>⬇️ Knees bent                                                                                                                             |  | 16<br>32      |



# 06. CLOUDY DAY 3:05mins

## TECHNIQUE AND COACHING

### ALTERNATING LEG WITH CRUNCH PULSE

#### Layer 1

- Press lower back towards the floor, **brace the abdominals**
- Knees over hips
- Fingertips to temples
- Front foot taps down, 7 Pulses
- Knees over hips and reset, head down
- We crunch, ribs to hips
- Breathe in through the nose, exhale out the mouth
- 3 Pulses now
- Option to extend the leg to 45 degrees

#### Layer 3

- Start to lift the shoulders higher to light up the core
- Point through the toes and lock the quad for stability

### CROSS CRAWL

#### Layer 1

- Cross Crawl to the front and back
- Rotate from the center of the chest
- Shoulder towards knee
- Elbows wide
- Shoulders off the floor

#### Layer 3

- Turning the body more with each repetition
- Staying strong in your core brace

### PILATES 100S

#### Layer 1

- Knees over hips
- Curl up, arms straight, pump the arms
- Feel the lower back pressing down towards the floor
- Keep breathing
- **Brace abs to stabilize hips and pelvis**
- Rib to hip connection
- Legs to 45 degrees to challenge yourself

#### Layer 3

- Keep breathing – stay with it

### ESSENCE TIPS

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 movements.

Coach to a powerful breath (in through the nose and out through the mouth). These moves are going to create awesome strength work.

We only do the 100s once, so that could be motivation for participants to give it 100%. 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 / <b>Smile</b>      | 2x8 |                   | Set up <b>Horse Stance</b> , facing R                                                        | 16  |
| 0:09  | Want to <b>smile</b>      | 2x8 |                   | Inhale/Exhale – <b>L leg extends to 45°</b> (front leg B)                                    | 16  |
| 0:17  | C / <b>Smile</b>          | 4x8 | A                 | Inhale/Exhale – <b>Pulse L leg</b>                                                           | 14  |
|       |                           |     |                   | Inhale/Exhale – Lower to <b>Horse Stance</b>                                                 | 2   |
|       |                           |     |                   | Repeat to R                                                                                  | 16  |
| 0:33  | V1 / <b>Feet on the</b>   | 8x8 | A <sup>1</sup>    | 2x <b>Pointer with Pulse</b> (L&R)                                                           |     |
|       |                           |     |                   | Inhale/Exhale – <b>Pointer</b> L, pulse L leg and R arm                                      | 14  |
|       |                           |     |                   | Inhale/Exhale – Lower to <b>Horse Stance</b>                                                 | 2   |
|       |                           |     |                   | ⬇ Hands on floor                                                                             |     |
| 1:05  | C / <b>Smile</b>          | 4x8 | B                 | Repeat to R                                                                                  | 16  |
|       |                           |     |                   | <b>Scorpion Pose with Pulse</b> (L&R)                                                        |     |
|       |                           |     |                   | Inhale Exhale – <b>Scorpion Pose with Pulse</b> L, L leg lifts                               | 14  |
|       |                           |     |                   | Inhale/Exhale – Lower to <b>Horse Stance</b>                                                 | 2   |
| 1:21  | V2 / Cos <b>I've been</b> | 8x8 | B <sup>1</sup>    | Repeat to R                                                                                  | 16  |
|       |                           |     |                   | 2x <b>Scorpion Sequence</b> (L&R)                                                            |     |
|       |                           |     |                   | Inhale – <b>Scorpion Pose</b> L, L knee lifts                                                | 4   |
|       |                           |     |                   | Exhale – <b>Crocodile Pose</b> L, L knee stays lifted                                        | 4   |
|       |                           |     |                   | Inhale – <b>Baby Cobra Pose</b> , L knee lands, chest presses F                              |     |
|       |                           |     |                   | and up, straighten arms                                                                      | 4   |
| 1:53  | C / <b>Smile</b>          | 4x8 | B <sup>2</sup>    | Exhale – <b>Horse Stance</b>                                                                 | 4   |
|       |                           |     |                   | Repeat to R                                                                                  | 16  |
| 2:08  | Br / Freeway              | 8x8 | B <sup>3</sup>    | Repeat 1x <b>Scorpion Sequence</b> (L&R)                                                     | 32  |
|       |                           |     |                   | ⬆ Keep knee lifted                                                                           |     |
| 2:41  | _ Smoke a bit             | 2x8 | C                 | Repeat 2x <b>Scorpion Sequence</b> (L&R)                                                     | 64  |
|       |                           |     |                   | ⬆ On toes                                                                                    |     |
| 2:49  | C / <b>Smile</b>          | 8x8 | C <sup>1</sup>    | Inhale/Exhale – <b>Iguana Pose</b>                                                           | 16  |
|       |                           |     |                   | ⬇ Pregnancy Option: Camel Pose, hands to lower back                                          |     |
| 2:49  | C / <b>Smile</b>          | 8x8 | C <sup>1</sup>    | Inhale/Exhale – <b>Iguana Pulse</b> , 1 count up, 1 count down                               | 64  |
|       |                           |     |                   | Option: Sway from side to side                                                               |     |
|       |                           |     |                   | ⬇ Pregnancy Option: Camel Pose, L hand to lower back, R arm O/H – 32 counts, then other side |     |



# 07. SMILE (SEE THE LIGHT) 3:23mins

## TECHNIQUE AND COACHING

### POINTER WITH PULSE

#### Layer 1

- Let's continue to work core back strength
- Pointer set-up – hands shoulder-width apart, knees hip-width apart
- Front leg extends to 45 degrees
- **Squeeze glutes, brace abs tightly**
- Stay with the Pulses, 7 times
- Eyes just in front of the fingers
- Hips and shoulders square to the floor
- Breathe in through the nose, out through the mouth
- Add the back arm and extend to 45 degrees, thumb up

#### Layer 3

- We are working our slings from the shoulder to butt
- Keep the Pulse super small

### SCORPION POSE WITH PULSE

#### Layer 1

- Lock the arms down
- Scorpion Pose
- Pressing through the heel
- **Squeeze butt**
- Keep the knee high
- **Brace the core** hard to stabilize

#### Layer 3

- We are getting the butt warm and ready for our next move

### SCORPION SEQUENCE

#### Layer 1

- Scorpion, Crocodile Pose down, knee down to Cobra Pose, reset
- Try it again, halfway down on Crocodile, abs braced
- **Squeeze your butt** as you do the Cobra
- Let's add the breath, breathing in and out as you move
- That's level 1
- If you want more, see if you can keep the knee off the floor as you lower into Crocodile Pose
- There is always another level – level 3 is on your toes

#### Layer 3

- Feels so strong
- Squeezing the whole back body
- Smile as you do this
- If you start failing in your technique, drop the knee down – each week you will get stronger
- Use your breath as it gets challenging

### IGUANA POSE

#### Layer 1

- Pregnancy Option – Camel Pose
- The rest of us – Iguana Pose
- Down on your belly, hands wide, up on fingertips, feet together, glutes squeezed
- Lift your chest, small Pulse
- Squeeze shoulder blades together
- You may want to swing it out – funky Iguana Pose

#### Layer 3

- Whichever one you're doing, keep the strength in the back body
- Actively engaging the shoulder blades
- Breathe with it



# 07. SMILE (SEE THE LIGHT) 3:23mins

## TECHNIQUE AND COACHING

### ESSENCE TIPS

This Back track has it all – incredible strength work, along with opportunities for participants to open their bodies with spinal extension poses.

We have a new Scorpion Sequence which has 3 levels. Level 1: starting in Scorpion Pose with the knee coming to the floor as you Crocodile Pose. Level 2: the knee stays off the floor as you move into Crocodile and Cobra through. Level 3: start from a full Plank.

As you progressively coach participants on what to do, use language that invites them to explore what is possible in their bodies today, right now, so they can be present. As we know, every day is different.

Lastly, coach breath to help sustain the poses.



# 08. TWISTS



## TRACK FOCUS

Powerful anchoring of the base will allow the twist to happen.

| MUSIC |                         | SEQUENCE/EXERCISE |                |                                                                                                                                                                                      | CTS |
|-------|-------------------------|-------------------|----------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----|
| 0:00  | Intro /                 | 4x8               | A              | Inhale/Exhale – <b>Seated Twist</b> L, L leg over R<br>⬆️ Straighten R arm over L thigh<br>⬇️ R leg extends F on floor<br>⬇️ Pregnancy Option: Open Twist R, R leg over L, turn to L | 32  |
| 0:24  | C / my last <b>day</b>  | 4x8               | A <sup>1</sup> | Inhale/Exhale – <b>Seated Twist with Side Bend</b> L, L arm lifts                                                                                                                    | 32  |
| 0:47  | V1 / my last <b>day</b> | 4x8               | A              | Repeat <b>Seated Twist</b> R                                                                                                                                                         | 32  |
| 1:10  | C / my last <b>day</b>  | 4x8               | A <sup>1</sup> | Repeat <b>Seated Twist with Side Bend</b> R                                                                                                                                          | 32  |
| 1:33  | V2 / <b>twenty four</b> | 4x8               | B              | Inhale/Exhale – <b>Seated Star Pose with Twist</b> L, turn to L, L arm back on floor, R hand on feet                                                                                 | 32  |
| 1:56  | C / my last <b>day</b>  | 4x8               | B              | Repeat <b>Seated Star with Twist</b> R                                                                                                                                               | 32  |
| 2:18  | Outro / (Trumpets)      | 6x8               | B <sup>1</sup> | Inhale/Exhale – <b>Seated Star Pose with Forward Fold</b> , hands F on floor                                                                                                         | 48  |



# 08. LAST DAY ON EARTH 2:53mins

## TECHNIQUE AND COACHING

### SEATED TWIST WITH SIDE BEND

#### Layer 1

- Let's set up for Seated Twist
- Foot crossed or in front of knee
- Anchor sit bones down
- Inhale, wrap or straighten your arm as you lift the chest
- Exhale, turn shoulders to the side wall
- Breathe the back arm high
- Exhale, Side Bend

#### Layer 3

- Feel a deep breath into the side body
- We can be active in a twist, squeezing the inner thighs, making the bind slightly tighter
- Starting to slow our breath down

### SEATED STAR POSE WITH TWIST AND FORWARD FOLD

#### Layer 1

- Heel and soles of feet together
- Hand comes close to hips at the back
- Inhale, lift chest and exhale – revolve
- Take a deep breath in, fold forward

#### Layer 3

- Try coming up onto your fingertips as you twist
- Front arm is strong, providing a lever to twist from
- Chin tucks in as you rest

### 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 a Seated Twist, progressing to the Side Bend with Twist which has a grounding and opening feel.

The Star Pose with Twist feels incredible after the Side Bend and we complete the sequence with a beautiful inward Forward Fold.

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 attention to how our body feels.

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

Feel rejuvenated by the spinal release that occurs in each pose, along with the deep stretching into the hamstrings.

| MUSIC |                            | SEQUENCE/EXERCISE |                                                                                                                                          | CTS |
|-------|----------------------------|-------------------|------------------------------------------------------------------------------------------------------------------------------------------|-----|
| 0:00  | Intro /                    | 4x8               | A Inhale/Exhale – <b>Down Dog</b>                                                                                                        | 32  |
| 0:20  | V1 / _ <b>Not a word</b>   | 4x8               | A <sup>1</sup> Inhale/Exhale – <b>3-Legged Dog</b> L, R leg lifts                                                                        | 16  |
|       |                            |                   | Inhale/Exhale – <b>3-Legged Dog</b> R, L leg lifts                                                                                       | 16  |
| 0:40  | _ <b>Night is young</b>    | 4x8               | B Inhale/Exhale – <b>Kneeling Lunge Twist</b> L, L leg steps F, L arm up<br>⇩ L hand to L thigh<br>⇩ Pregnancy Option: Step L foot wider | 32  |
| 1:00  | Br / _ <b>So come on</b>   | 2x8               | C Inhale/Exhale – <b>Hamstring Stretch</b> L, hips back, straighten L leg                                                                | 16  |
| 1:11  | C / <i>don't have</i> to   | 4x8               | B <sup>1</sup> Inhale/Exhale – <b>Lunge Twist</b> L, L arm up                                                                            | 32  |
| 1:31  | V2 / <i>Just slow down</i> | 1x8               | Turn back towards R side                                                                                                                 | 8   |
| 1:36  | A man <b>wants</b> to      | 3x8               | B Repeat <b>Kneeling Lunge Twist</b> R                                                                                                   | 24  |
| 1:51  | Br / <i>So come on</i>     | 2x8               | C Repeat <b>Hamstring Stretch</b> R                                                                                                      | 16  |
| 2:00  | C / <i>don't have</i> to   | 4x8               | B <sup>1</sup> Repeat <b>Lunge Twist</b> R                                                                                               | 32  |
| 2:20  | <i>Don't have</i> to       | 4x8               | D Inhale/Exhale – <b>Pyramid Pose</b> R                                                                                                  | 32  |
| 2:40  | Instr /                    | 4x8               | B <sup>2</sup> Inhale/Exhale – Bend R knee, R hand to thigh, lift chest                                                                  | 8   |
|       |                            |                   | Inhale/ Exhale – <b>Standing Lunge Twist</b> R, L arm over R thigh, R arm wide                                                           | 24  |
|       |                            |                   | Turn back towards R side                                                                                                                 |     |
| 3:00  | C / <i>don't have</i> to   | 4x8               | B <sup>2</sup> Repeat <b>Standing Lunge Twist</b> L, facing R                                                                            | 32  |
| 3:19  | <i>Don't have</i> to       | 6x8               | D Repeat <b>Pyramid Pose</b> L                                                                                                           | 48  |



# 09A. WE DONT HAVE TO TAKE OUR CLOTHES OFF

3:50mins

## TECHNIQUE AND COACHING

### DOWN DOG

#### Layer 1

- Down Dog
- Lift the hips high
- Breathing space into the body

#### Layer 3

- Dropping the chest towards the thighs

### 3-LEGGED DOG

#### Layer 1

- 3-Legged Dog
- Inhale, back leg, square hips to the front
- Other side
- Square the shoulders to the floor

#### Layer 3

- Lengthening the spine, leg long

### KNEELING LUNGE TWIST

#### Layer 1

- Swing the top leg down, Kneeling Lunge
- Back knee down
- Knee over ankle
- Inhale and turn shoulders to the front as you reach high
- Exhale, anchor hips down

#### Layer 3

- Reach up as high as you can
- Spiral the chest open

### HAMSTRING STRETCH

#### Layer 1

- Shift the hips back, Hamstring Stretch
- Soften the knees

#### Layer 3

- Feel the stretch in the back of the legs
- Shift the hips back evenly with the breath, nose to knee

### LUNGE TWIST

#### Layer 1

- Come back into a full Lunge
- Let's add more power
- Back knee off the floor

#### Layer 3

- Revolve chest towards the thigh
- Reach as high as you can – rise with the energy
- Spiral the heart space open, feel the power

### PYRAMID POSE

#### Layer 1

- Hand to thigh
- Back foot comes in
- Pyramid Pose
- Breathe in to lengthen spine
- Exhale and melt your body over your leg
- Square hips to the front

### STANDING LUNGE TWIST

#### Layer 1

- We flow, hand to thigh, come up
- Standing Lunge Twist
- Inhale, back hand over front knee
- Exhale, reach away and twist
- Drop evenly through your hips

#### Layer 3

- Feel the pose nourish the body

### ESSENCE TIPS

We mix the beautiful blend of twisting postures with Hamstring Stretches. 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: Focus on coaching solid foundations in all the poses (with options) so everyone feels successful, as well as coaching 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 |
|-------|-------------------------------|-------------------|-------------------------------------------------------------------------------------------------------------------|-----|
|       |                               |                   | Lie supine, facing L                                                                                              |     |
| 0:00  | V1 / I will follow you        | 4x8               | A Inhale/Exhale – <b>Lying Hamstring Stretch</b> R, R leg lifts, L leg extended on floor<br>Option: L knee bent   | 32  |
| 0:38  | C / I <b>love</b> you         | 2¾x8              | B Inhale/Exhale – <b>Supine Twist</b> R, R knee to B, L hand to R knee, R arm wide on floor<br>⬆ Straighten R leg | 22  |
| 1:02  | V2 / I will follow <b>you</b> | 3x8               | A Repeat <b>Lying Hamstring Stretch</b> L                                                                         | 24  |
| 1:29  | C / I <b>love</b> you         | 3½x8              | B Repeat <b>Supine Twist</b> L                                                                                    | 28  |
| 2:01  | V3 / I will follow <b>you</b> | 4x8               | C Inhale/Exhale – <b>Happy Baby Pose</b><br>⬆ Adductor Stretch                                                    | 48  |



# 09B. I WILL FOLLOW YOU 2:34mins

## TECHNIQUE AND COACHING

### LYING HAMSTRING STRETCH

#### Layer 1

- Take a seat on the floor
- Lie on your back
- Hamstring Stretch
- Hold your leg in a place that's comfortable for you
- High or low
- Bottom leg bent or extends up
- Pelvis and hips grounding down
- Inhale, gently bring your leg closer towards you

#### Layer 3

- Relax the shoulders, tuck in the chin
- Every time you exhale, grow into your stretch
- Beautiful long stretch in the back of the legs

### SUPINE TWIST

#### Layer 1

- Supine Twist
- Bend the knee and take it across to the back
- Anchor shoulders to the floor

#### Layer 3

- Use the breath

### HAPPY BABY POSE

#### Layer 1

- Roll down on 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
- You might want to extend your legs wide

### ESSENCE TIPS

We move into one more Hamstrings track that provides an opportunity to stretch deeply into the hamstrings to transition beautifully into the 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

## SKY WHISPER 5:26mins



### TRACK FOCUS

Create a breathing practice.

Now feel free to make adjustments as you need, as we slowly move into our Meditation and Relaxation. So, in your own time, with the breath, you can slowly start to come out of your pose and lower your legs down towards the floor. Really get into a comfortable position. Now, we can stay down, feet flat on the ground, and just collapse the knees together. Or you can extend the legs out and lie nice and flat on the floor with your palms facing up. Or you can even come up to a seated position with me and Khiran, taking your time, rolling over to your side, pushing yourself up and crossing your legs. The hands can be on your thighs, or can be on the floor, just anywhere that is very comfortable for you. Keep the shoulders relaxed; spine is nice and tall. And feel free to close your eyes. Take a couple of breaths here and start to just really settle into your body. Relax the tongue, relax the jaw, and just be in this moment. Breathing in... And out. Connecting to the earth.

In today's Meditation, we're going to flood our bodies with positive and happy energy, letting go of any tension, any thoughts that don't serve us. And to let go of this tension we must first acknowledge it. So let's bring awareness to any judgement, or any tightness that we're holding in our bodies. Just breathing. And on our next inhale, let's think of a moment where we felt absolute love and positivity. The sensation should feel warm, just like a hug. Let this sensation flood the body. Feel this love, this warming, this positive energy. Like the sensation of a hug, flooding our bodies. Out through our toes, our legs, through our bellies, warming, hugging, flooding our bodies. Breathing in... And out. Down the arms, up through the neck, this energy flooding over the face, through the crown of the head, bursting into the cheeks. Acknowledging the sensation of maybe a gentle smile. And as we feel this, we might want to take this energy and turn it into an affirmation to take with us today. Could be as simple as "I choose to be happy." Or "everything that I need is within me right here, right now." Start to bring awareness back to the body, gently wriggling the toes, maybe the fingertips. Then, when it feels good, and only when it does, make your way to a seated position. You might want to roll to the side, maybe hug your knees in first. Incredible. From our hearts to yours, that was BODYBALANCE 97.



BONUS

# 01. TAI CHI WARM-UP



## TRACK FOCUS

Focus on coaching breathing to deeply warm the body with love and energy.

| MUSIC |                              |     | SEQUENCE/EXERCISE                                                    |                                                                                                                                                                                                                | CTS             |
|-------|------------------------------|-----|----------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------|
| 0:08  | V1 / <b>Back</b> in Colorado | 2x8 | Set up <b>Wide Wu Chi</b> , facing front<br>Inhale – <b>Arms O/H</b> |                                                                                                                                                                                                                | 8<br>8          |
| 0:17  | Push back                    | 6x8 | A                                                                    | 3x <b>Side Bend with Palm Press</b> L&R<br>Exhale – <b>Side Bend</b> L, R arm O/H, L arm towards R hip, palms press away<br>Inhale – <b>Wide Wu Chi</b> , arms O/H, palms up<br>Inhale/Exhale – Repeat to R    | <br>4<br>4<br>8 |
| 0:45  | Instr /                      | 2x8 | B                                                                    | 4x <b>Breath Swings in Wide Wu Chi</b><br>Inhale – <b>Arms O/H</b><br>Exhale – <b>Swing F, arms between legs, knees bend</b>                                                                                   | <br>2<br>2      |
| 0:55  | C / <b>don't</b> you ever    | 4x8 | C                                                                    | 4x <b>Lunge with Arm Wrap</b> L&R<br>Inhale – <b>Lunge L, turn to L side, bend knees, arms wrap around torso</b><br>Exhale – <b>Back to front, arms wide, legs straight</b><br>Repeat to R                     | <br>2<br>2<br>4 |
| 1:14  | (Instr)                      | 2x8 | C¹                                                                   | 2x <b>Lunge with Arm Wrap and Heel Lift</b> L&R<br>Inhale – <b>Lunge L, turn to L side, bend knees, arms wrap around torso</b><br>Exhale – <b>Back to front, arms to a high 'V', heels lift</b><br>Repeat to R | <br>2<br>2<br>4 |
| 1:23  | V2 / Some day                | 8x8 | A                                                                    | Repeat 4x <b>Side Bend with Palm Press</b> L&R                                                                                                                                                                 | 64              |
| 2:01  | Instr /                      | 2x8 | B                                                                    | Repeat 4x <b>Breath Swings in Wide Wu Chi</b>                                                                                                                                                                  | 16              |
| 2:11  | C / <b>don't</b> you ever    | 4x8 | C                                                                    | Repeat 4x <b>Lunge with Arm Wrap</b> L&R                                                                                                                                                                       | 32              |
| 2:30  | Br / Oh I feel the           | 4x8 | Repeat 4x <b>Lunge with Arm Wrap and Heel Lift</b> L&R               |                                                                                                                                                                                                                | 32              |



BONUS

# 01. GOOD NIGHTS 2:49mins

## TECHNIQUE AND COACHING

### SIDE BEND WITH PALM PRESS

#### Layer 1

- Wide Wu Chi position
- Feet outside hip-width, knees out over toes
- Tuck tail bone under, spine long
- Inhale and lift arms up
- Exhale, press hands to the right
- C-shaping the spine

#### Layer 3

- Energy in the hands as you press away
- Feel the opposite direction getting warm
- Staying low in the legs

### BREATH SWINGS

#### Layer 1

- Swing down through the mid-line
- Bend knees as you exhale
- **Belly braced**, knees out over toes

#### Layer 3

- Tuck the chin in to release

### LUNGE WITH ARM WRAP

#### Layer 1

- Lunge and Wrap
- Release the heel and twist
- Come into a low Lunge
- Exhale to wrap
- Inhale to lift
- Possibly lifting heels

#### Layer 3

- Allow the arms to slap and release
- Freedom in the arms
- Working with the yin and yang
- Taking your eye gaze up if that feels good

### ESSENCE TIPS

A joyful and energizing Tai Chi experience to prepare for the 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.

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.

