



BODYBALANCE

98

MUSIC

EXPRESS FORMATS

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02. SUN SALUTATIONS

03A. STANDING STRENGTH

03B. STANDING STRENGTH

04. BALANCE

05. HIP OPENERS

06A. CORE – ABDOMINALS

06B. CORE – ABDOMINALS

07. CORE – BACK

08A. TWISTS

08B. TWISTS

09. 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

Eloise (4:35)
Acampora
© 2022 Les Mills Music Licensing Ltd.
Written by: Baxter, Jahnke
- 02

What Falling In Love Is For (2:55)
Emmit Fenn
© 2020 TH3RD BRAIN.
Written by: Van Vleet, Fenn, Ruth
- 03A

Look At Me That Way (5:43)
SDMS
© 2020 Tuned Theory Records.
Written by: SDMS
- 03B

Anyone for You (Tiger Lily) (3:07)
George Ezra
© 2022 Sony Music Entertainment UK Limited.
Written by: Barnett, Pott
- Anyone for You (Tiger Lily)** (2:13)
George Ezra
© 2022 Sony Music Entertainment UK Limited.
Written by: Barnett, Pott
- 04

willow (3:33)
Taylor Swift
Courtesy of the Universal Music Group.
Written by: Swift, Dessner
- 05

Just a Cloud Away (5:48)
Totalisk
© 2022 Les Mills Music Licensing Ltd.
Written by: Williams
- 06A

Rich Love (3:19)
OneRepublic & Seeb
Courtesy of the Universal Music Group.
Written by: Huse, Opsahl, Berg, Eriksrud, Kutzle, Strandbraten, Tedder
- 06B

Feel It Again (Ruhde Remix) (2:46)
Seeb, Dan Caplin & Swidden
Courtesy of the Universal Music Group.
Written by: Berg, Eriksrud, Grimmnett, Karlsson, Koitsch
- 07

Foundations (3:51)
KOLIDESCOPEs feat. Jasmine Thompson
© 2020 Atlantic Recording Corp.
Written by: Thompson, Courtidis, Dare, Keen

- 08A

Night Drive (4:48)
John Splithoff
© 2020 John Splithoff.
Written by: Splithoff
- 08B

Someone Like You (3:05)
Noah Kahan feat. Joy Oladokun
Courtesy of the Universal Music Group.
Written by: Kahan, Clark
- 09

Falling (5:28)
Jeauneil feat. Angelina
© 2021 Jeauneil Baptiste.
Written by: Shoniwa, Smith, Baptiste
- 10

Uno (6:35)
Deuter
© 2008 NER Music Publishing.
Written by: Deuter
- BONUS
01

Lose Your Head (Dave Glass Animals Remix) (3:07)
London Grammar
Courtesy of the Universal Music Group.
Written by: Major, Reid, Rothman, Fitzgerald



EXPRESS FORMATS

30-MINUTE STRENGTH		30-MINUTE FLEXIBILITY	
Track 01	Yoga Warm-up	Track 01	Yoga Warm-up
Track 02	Sun Salutations	Track 02	Sun Salutations
Track 03a	Standing Strength		
Track 04	Balance	Track 05	Hip Openers
Track 06a	Core – Abdominals		
Track 07	Core – Back	Track 08a	Twists
		Track 08b	Twists
		Track 09	Forward Bends/ Hamstrings
Total Time	23:56	Total Time	27:39
Track 10	Relaxation/ Meditation	Track 10	Relaxation/ Meditation

45-MINUTE STRENGTH		45-MINUTE FLEXIBILITY	
Track 01	Yoga Warm-up	Track 01	Yoga Warm-up
Track 02	Sun Salutations	Track 02	Sun Salutations
Track 03a	Standing Strength	Track 03a	Standing Strength
Track 03b	Standing Strength	Track 03b	Standing Strength
Track 04	Balance	Track 04	Balance
Track 06a	Core – Abdominals		
Track 06b	Core – Abdominals	Track 05	Hip Openers
Track 07	Core – Back	Track 08a	Twists
Track 08a	Twists	Track 08b	Twists
Track 09	Forward Bends/ Hamstrings	Track 09	Forward Bends/ Hamstrings
Total Time	43:18	Total Time	41:15
Track 10	Relaxation/ Meditation	Track 10	Relaxation/ Meditation

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

RELEASE FEEDBACK

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

KEY

Alt	Alternating	B	Back
BPD	Body part and direction	B up	Build up
Br	Bridge	C	Chorus
cts	Musical counts	F	Forward
Instr	Instrumental	Intro	Introduction
L&R	Left and right	mins	Minutes
O/H	Over head	OTS	On The Spot
Outro	Last few bars of music	PC	Pre-chorus
Rep X	Perform the Sequence/Exercise x times	Rep	Reprise (part of the chorus repeated)
Ref	Reference	QC	Quiet chorus
Pose	Positions as explained in the Program Manual	Seq	Sequence (repetition of exercise or position)
Tempo	Normal pace of the music	Italic	Breathing Coaching Cues
Bold	Must-Do Cues	⇓	Easier Option
V	Verse	⇑	Advanced Option

TEACHING THIS RELEASE

How long should I teach the new release for?
Teach the entire new release for a minimum of two weeks and a maximum of four weeks and then start to integrate other tracks. Then you will not only ensure variety in exercise sequencing and music but participants will also experience the magic, excitement and training effect of the new launch tracks.



BODYBALANCE 98



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

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.

Summer Bradley (New Zealand) is a BODYBALANCE, LES MILLS BARRE and SH’BAM Masterclass filming Presenter, and she lives in Auckland. She has 19 years of dance experience and trained full-time in Australia.

Hi beautiful humans,
Thank you so very much for helping us spread the joy, accessibility, health and strengthening benefits of this wonderful program. We really loved making this one. With Jackie in Portugal a lot of the time now, we have become expert at FaceTime choreography sessions!
This round felt very smooth, brought in some joyous Pop but, again, tried to keep the music 'chill' and breath focused.
Plenty of challenge, but options galore.
Jackie loved the Core track and Diana loved the Sun Salutations track in this release.
We always want to know what you think, so let us know!
Loads of love,
J&D xo



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	Intro /		Mountain Pose , facing R, at 45°	4
0:09	V1 / Gallop ahead	4x8	A Inhale – Extended Mountain Pose	8
			Exhale – Side Bend R	4
			Inhale – Extended Mountain Pose	4
			Exhale – Side Bend L	4
			Inhale – Extended Mountain Pose	4
			Exhale – Baby Back Bend	8
0:36	/ you-you	3x8	B Inhale/Exhale – Forward Fold	24
			Option: Walk feet through	
0:56	Br / all the bailing _ (beat)	8x8	C 2x Lunge Sequence R&L	
			Inhale – Lunge R, L leg B	4
			Exhale – Kneeling Lunge R, arms O/H	4
			Inhale – Baby Back Bend	4
			Exhale – Hands to floor, Forward Fold	4
			Repeat to L	16
1:51	Around us _	1x8	B Forward Fold	8
1:58	C / close our eyes	6x8	D 3x Extended Mountain Pose, Forward Fold	
			Inhale – Extended Mountain Pose	4
			Exhale – Baby Back Bend	4
			Inhale/Exhale – Forward Fold	8
2:39	Instr /	3½x8	E Inhale – Down Dog	4
			Exhale – Twisted Down Dog L, R hand to L leg	12
			Inhale/Exhale – Twisted Down Dog R	12
3:03	V2 / come around us	1½x8	F Inhale/Exhale – Horse Stance	12
3:13	C / close our eyes	4x8	G 4x Cat Pose To Cow Pose	
			Exhale – Cat Pose	4
			Inhale – Cow Pose	4
			After 2 reps, option to move through shoulders/hips	
3:41	Aims slow	6x8	H 3x Waiters Bow	
			Inhale – On knees, arms O/H, palms facing front	8
			Exhale – Hips B, chest and arms F	8
4:22	Outro / slow	1½x8	I Inhale/Exhale – Childs Pose	12



01. ELOISE 4:35mins

TECHNIQUE AND COACHING

MOUNTAIN POSE SEQUENCE

Layer 1

- Come to the top of mat
- Extended Mountain Pose
- Feet apart or together
- Take an enormous breath in
- Exhale – Side Bend to the back of the room
- Inhale again then Side Bend to the front
- Baby Back Bend
- **Squeeze glutes**, press hips forward

Layer 3

- Start to create space in your spine

LUNGE SEQUENCE

Layer 1

- Inhale – front-leg Lunge
- Exhale – knee down, arms rise high
- Inhale – Baby Back Bend
- Exhale – step in and fold

Layer 3

- Let's start to flow this
- Starting the awakening of our bodies

EXTENDED MOUNTAIN, FORWARD FOLD SEQUENCE

Layer 1

- Hold your Forward Fold
- **Bend knee, lift belly**
- Full Extended Mountain
- Palms together
- **Squeeze glutes, hips forward**
- Swan dive to the floor
- **Bend knees, lift belly**
- **Tuck chin in fully, relax neck**

Layer 3

- Let's rise with the music
- Radiate the energy out through your fingers
- Bend and roll as you breathe in

TWISTED DOWN DOG

Layer 1

- Down Dog
- Hands shoulder-width apart
- Feet hip-width apart
- Hips high
- Let's twist
- Back hand somewhere on the front leg
- Bring your shoulder under and through

Layer 3

- Gentle twist to mobilize the spine

CAT POSE TO COW POSE

Layer 1

- Come down to Horse Stance
- Hands shoulder-width apart
- Relax toes, feet hip-width apart
- Bring chest in between your arms
- Cat Pose
- Rounding through the spine
- Cow Pose – press down through your hands

Layer 3

- This is your Yoga Warm-up
- Celebrate your body

WAITERS BOW

Layer 1

- Lift your body up
- Inhale, lift the arms up
- Press down through your feet, Waiters Bow
- Arms close to the ears
- **Hip hinge forward**
- Pushing your hips back to heels
- **Core is super strong**

Layer 3

- Exhale and feel your strength
- It's like a corset wrapping around the front and back body



01. ELOISE 4:35mins

TECHNIQUE AND COACHING

CHILDS POSE

Layer 1

- Come all the way down
- Knees wide
- Big toes together
- Arms lower

Layer 3

- We are so warm

ESSENCE TIPS

Encourage your participants to turn their mats so they can see you easily. Simple, clear coaching is paramount to getting your class moving and warming up quickly. Remember, it is OK to strip your coaching back as we begin, allowing exploration into the music and how their bodies feel today. There is so much time and space to bring more depth to your coaching as we move through the release. Let this Warm-up be about the connection to your body through breath and celebration.

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 choose 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
0:00	Intro /	2x8	Childs Pose		16
0:08	V1 / I wish I could	9¾x8	A	Sun Salutations Sequence L	
				Exhale – Down Dog	8
				Inhale – Plank Pose, knees down	8
				Exhale – Crocodile Pose	8
				Inhale – Baby Cobra Pose	8
				⬇️ Pregnancy Option: Cow Pose	
				Exhale – Down Dog	8
				Inhale – Lunge L (front leg F)	8
				Exhale – Forward Fold	8
				Inhale – Extended Mountain Pose	6
				Exhale – Forward Fold	8
				Inhale – Lunge R (front leg B)	8
0:50	V2 / around you	9¾x8	A	Repeat Sun Salutations Sequence R	
				Exhale – Down Dog	8
				Inhale – Plank Pose	8
				Option: On knees or toes	
				Exhale – Crocodile Pose	8
				Inhale – Baby Cobra Pose	8
				⬆️ Up Dog	
				Exhale – Down Dog	8
				Inhale – Lunge R	8
				Exhale – Forward Fold	6
				Inhale – Extended Mountain Pose	8
				Exhale – Forward Fold	8
				Inhale – Lunge L	8
1:32	Instr /	9¾x8	A ¹	Repeat Sun Salutations Sequence L	
				Exhale – Down Dog	8
				Inhale – Plank Pose	8
				Option: On knees or toes	
				Exhale – Crocodile Pose	8
				Inhale – Baby Cobra Pose	8
				⬆️ Up Dog	
				Exhale – Down Dog	8
				Inhale – Lunge L	8
				⬆️ Jump to Forward Fold	
				Exhale – Forward Fold	8
				Inhale – Extended Mountain Pose	8
				Exhale – Forward Fold	6
				Inhale – Lunge R	8
				⬆️ Jump to Down Dog	
2:14	Outro /	8x8	A ¹	Repeat Sun Salutations Sequence R	
				Finish in Extended Mountain Pose, lower arms to sides	64



02. WHAT FALLING IN LOVE IS FOR 2:55mins

TECHNIQUE AND COACHING

DOWN DOG

Layer 1

- Let's start in Down Dog
- Exhale, tuck the toes under
- Hips high

Layer 3

- Melting the heart space towards the thighs
- Feel the energy at the back of the legs

PLANK POSE

Layer 1

- Inhale, roll forward to Plank
- **Core strong**
- Shoulders over wrists
- Knees down or off the floor

Layer 3

- Lower with control

CROCODILE POSE

Layer 1

- Exhale, lower down halfway
- Elbows in
- **Core engaged**

Layer 3

- Pull the shoulders back and down as you lower

BABY COBRA POSE / UP DOG

Layer 1

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

Layer 3

- Squeeze shoulder blades together

LUNGE

Layer 1

- Inhale, stepping into Lunge
- Front knee over ankle
- Chest lifted
- Option to jump your feet back

Layer 3

- Power through the back leg

FORWARD FOLD

Layer 1

- Exhale, fold
- **Bend knees, lift belly**
- Tuck chin in to release

Layer 3

- Relaxing the head and neck

EXTENDED MOUNTAIN POSE TO FORWARD FOLD

Layer 1

- Inhale, Extended Mountain Pose
- Press palms together
- Exhale, Forward Fold, **lifting belly and deep knee bend**

Layer 3

- Energizing every movement with the breath
- You and your breath in the final sequence



02. WHAT FALLING IN LOVE IS FOR 2:55mins

TECHNIQUE AND COACHING

ESSENCE TIPS

When the flow starts, focus on the must-do coaching so everyone can follow easily for the first round. 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 Pose/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 2nd and 3rd round. Of course, your regular participants will know where to go already; breath cues help the newer people understand the information.

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	Intro /	6x8	A	Inhale/Exhale – Warrior 1 , facing R, hands to hips	48
0:30	Br / let me take this	4x8	A ¹	Inhale/Exhale – Extended Warrior 1 R, tip F from hips, arms alongside body, palms facing down	32
0:49	(Sitar)	5x8	A ²	Inhale – Lift chest	8
				2x Extended Warrior 1 with Flowing Arms R	
				Exhale – Reach arms F , chest F, palms facing out	8
				Inhale – Open arms wide , palms turn, chest lifts	8
1:14	Instr / (Quiet)	8x8	B	Inhale/Exhale – Down Dog	16
				Inhale/Exhale – 3-Legged Dog	16
				Inhale/Exhale – 3-Legged Dog with Open Hip	32
1:53	Br / let me be this (beat)	2x8	C	Inhale/Exhale – 90/90 Lunge R, B leg F, arms alongside body, palms facing front	16
2:03	That way _ (Echo)	1½x8	D	Lunge, Warrior 3 Sequence R	
				Inhale – Warrior 3 , arms down, palms F	8
				Exhale – 90/90 Lunge R, arms down, palms F	4
2:10	That way _ (Beat)	8x8	D ¹	4x Lunge, Warrior 3 Sequence with Arms R	
				Inhale – Warrior 3 , arms reach F, palms facing out	8
				Exhale – 90/90 Lunge R, arms wide	8
				After 2 reps, keep L leg lifted in Warrior 3, flow arms	
2:49	Instr / (Quiet)	6x8	A	Repeat Warrior 1 L, facing L	48
3:19	Br / do this	4x8	A ¹	Repeat Extended Warrior 1 L	32
3:38	(Sitar)	5x8	A ²	Repeat Extended Warrior 1 with Flowing Arms	40
4:03	Instr / (Quiet)	8x8	B	Repeat Down Dog, 3-Legged Dog and 3-Legged Dog with Open Hip	64
4:42	Br / let me be this (beat)	2x8	C	Repeat 90/90 Lunge L, facing L	16
4:52	That way _ (Echo)	1½x8	D	Repeat Lunge, Warrior 3 Sequence L	12
4:59	That way _ (Beat)	8x8	D ¹	Repeat Lunge, Warrior 3 Sequence with Arms L	64



03A. LOOK AT ME THAT WAY 5:43mins

TECHNIQUE AND COACHING

WARRIOR 1 SEQUENCE

Layer 1

- Warrior 1
- Take the feet wide, hip-width apart
- Turn the toes and hips to square your body to the side
- Deep knee bend in the front leg
- Extend arms back as you extend your Warrior forward
- Take a full breath in – exhale, arms reach forward
- Inhale, lift torso and arms back to open up the chest

Layer 3

- Let's create power in this track by focusing on the lower abdomen
- Draw energy into this area to find more depth in your Warrior 1
- Bringing a lot of weight to the front heel and hip to build power and strength
- We use the breath as we move through the sequence to create even more stability
- Lengthen – creating even more space

3-LEGGED DOG

Layer 1

- Grounding down in the 3-Legged Dog
- Inhale, back leg rises, 3-Legged Dog
- Bend the knee and open the hip, squeezing the glute

Layer 3

- Bring more energy and focus into the lower body
- Square your hips and shoulders to the floor in the 3-Legged Dog
- As you breathe, start to focus on the lower abdomen

LUNGE – WARRIOR 3 SEQUENCE WITH ARMS

Layer 1

- Back leg forward, finding a low Lunge
- Deep knee bend in the back leg
- Practice the sequence – float the back leg to Warrior 3
- Land the back foot, that's where we are going
- Add the arms
- Exhale, reaching forward as you lift the back leg
- Inhale, landing into Lunge with arms back
- Option to stay in Warrior 3, just moving arms and upper body

Layer 3

- Find as much depth in the legs as you can
- Big inhale – start to express the posture
- Point through toes and reach through fingertips

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.

Integrate your Alignment and Breath cues to help participants achieve the poses' intensity, rhythm and flow of the sequence. We start the sequence by setting up Warrior 1 – coach a super strong foundation of the lower-body posture to help participants progress to Extended Warrior with Flowing Arms. We then open the hip through 3-Legged Dog before finding the 90/90 Lunge, then progressing to Warrior 3 with the Flowing Arms. There is an option to stay in Warrior 3 holding the strength and balance of the posture, which may be something you offer after you have taught the track a few times. Keep your language simple and powerful to match the musical feel and allow participants to balance.



03B. STANDING STRENGTH



TRACK FOCUS

Build power and energy through the whole body.

MUSIC		SEQUENCE/EXERCISE		CTS
0:00	Intro /	6x8 A	Inhale/Exhale – Intense Pose , facing front	48
0:28	C / I could love you	4x8 A ¹	Inhale/Exhale – Intense Pose with Wonderful Arms , arms wide, elbows soft	32
0:47	Be your light	2x8 A ²	Inhale – Intense Pose , arms lift Exhale – Intense Pose with Wonderful Arms	8 8
0:56	V2 / gave her love	4x8 B	Warrior 2 Sequence L Inhale/Exhale – Warrior 2 L, jump or step ⬆ L heel lifts	32
1:15	PC / anyone	6x8 B ¹	Inhale – Lift arms O/H Exhale – Warrior 2 with Wonderful Arms L	8 40
1:43	C / be your light	2x8 B ¹	Inhale – Lift arms O/H Exhale – Warrior 2 with Wonderful Arms L	8 8
1:52	Br / _ anyone for you	2x8 C	Inhale/Exhale – Extended Warrior 2 L ⬇ L elbow to L thigh	16
2:01	C / I could love you	4x8 C ¹	Inhale/Exhale – Extended Warrior 2 with Lifted Arms L, arms O/H ⬇ Extended Warrior 2 L Inhale/Exhale – Extended Warrior 2 L	16 16
2:19	I could love you	4x8 D	Inhale/Exhale – Sun Warrior L Inhale/Exhale – R arm lifts ⬇ Sun Warrior L	16 16
2:38	Be your light	6x8 E	Extended Warrior, Sun Warrior Sequence L Inhale – Extended Warrior 2 L Exhale – L arm lifts ⬇ Extended Warrior 2 L Inhale/Exhale – Sun Warrior L Inhale/Exhale – R arm lifts ⬇ Sun Warrior Inhale – Extended Warrior 2 L Exhale – L arm lifts ⬇ Extended Warrior 2 L	8 8 8 8 8 8 8
3:07	V3 / gave her love	12x8 B – B ¹	Repeat Warrior 2 Sequence R	96
4:04	Br / _ anyone for you	6x8 C – C ¹	Repeat Extended Warrior 2, Extended Warrior 2 with Lifted Arms R	48
4:32	C / I could love you	4x8 D	Repeat Sun Warrior R and Arm Lift	32
4:51	Be your light	6x8 E	Repeat Extended Warrior 2, Sun Warrior Sequence R	48



03B. ANYONE FOR YOU (TIGER LILY) 5:20mins

TECHNIQUE AND COACHING

INTENSE POSE WITH WONDERFUL ARMS

Layer 1

- Deep inhale
- Exhale, Intense Pose
- Tuck your tail bone under
- Draw the belly in
- Wonderful Arms
- Open your arms as wide as you can
- Squeeze the shoulder blades together
- Breathe the arms up
- All the up on the inhale
- All the way down on the exhale

Layer 3

- Sink the hips low, reaching the arms as high as we can
- Take a deep breath into the chest, exhale, sink lower
- You want to be lifting the heart space as high as you can

WARRIOR 2 SEQUENCE

Layer 1

- Jump or step back into Warrior 2
- Turn the right toes to the side wall
- Press the left heel away
- Option is to lift the front heel
- Breathe the arms up and all the way down
- Back into the Wonderful Arms
- Let's lift our spirits
- Arms lift all the way up and all the way down

Layer 3

- Create some power in the back leg, press through the outside edge of the feet and feel the hips open
- Let's make our bodies really soulful – how does it make your body feel?
- Breathe into it and find the edge of your pose – wherever that is
- Feel it – strength in the lower body, incredible length in the upper body

EXTENDED WARRIOR, SUN WARRIOR SEQUENCE

Layer 1

- Shall we extend our Warrior?
- Inhale, reach out long
- Either elbow on thigh or reaching towards the floor
- Inhale and lift the bottom arm
- Exhale, turn and revolve
- Back into the Extended Warrior again
- Arm comes down, push the knee out over toes
- Sun Warrior – inhale, lift, exhale, C-shape
- Breathe the bottom arm up
- Exhale, sink as low as you can
- Let's flow it, full Extended Warrior
- Bottom arm comes up
- Reach the bottom arm up
- Inhale – Sun Warrior, exhale, bottom arm up
- One more time, Extended Warrior

Layer 3

- Top shoulder opens as much as you can push
- Press energy through the feet
- Keep lifting and breathing
- Use your elbow to open the knee as much as you can
- Let's windmill all the way down
- Strength and power – you've got this



03B. ANYONE FOR YOU (TIGER LILY) 5:20mins

TECHNIQUE AND COACHING

ESSENCE TIPS

We continue to grow and expand with our Standing Strength postures. This track provides a wonderful opportunity for your class to explore the progression of the space, freedom and length around their ribcage and side body, and powerful lower-body foundations in the Extended and Sun Warriors, as well as the heart-opening Wonderful Arms.

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. This is a super strong track physically, so cater to the needs of your class, providing options to take some relief where needed.

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 the breath through each transition.

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



04. BALANCE



TRACK FOCUS

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

MUSIC			SEQUENCE/EXERCISE		CTS
0:00	Intro /	2x8		Set up Tree Pose L, facing front	16
0:11	V1 / I'm like the water	6¼x8	A	Inhale/Exhale – Tree Pose L, L hand to L ankle or L thigh, palm facing front	32
				Inhale/Exhale – Willow Tree Pose – R arm and torso reach to R	18
0:47	V2 / Life was a willow	4x8	B	Inhale/Exhale – Flower Pose L	32
1:10	C / _ The more	4x8	C	Inhale/Exhale – Floating Half Moon Pose L, L foot flexed	16
				Inhale/Exhale – L arm wraps behind back	16
1:33	Instr /	1x6		Set up Tree Pose R, facing front	6
1:37	Br / Life was a willow	7¾x8	A	Inhale/Exhale – Tree Pose R, R hand to R ankle or R thigh, palm facing front	30
				Inhale/Exhale – L arm and torso reach to L	32
2:22	C / _ The more	4x8	B	Inhale/Exhale – Flower Pose R	32
2:44	_ more that	4x8	C	Inhale/Exhale – Floating Half Moon Pose R, R foot flexed	16
				Inhale/Exhale – R arm wraps behind back	16
3:07	Outro / my man	4½x8	D	Inhale/Exhale – Angel Pose with Chest Stretch , heels lift, hands clasped behind back	36



04. WILLOW 3:33mins

TECHNIQUE AND COACHING

TREE POSE – WILLOW TREE POSE

Layer 1

- Inhale together
- Exhale, Tree Pose
- Foot below the knee or above
- Let's challenge the balance
- Reach left arm to Willow Tree Pose

Layer 3

- Press the foot into the leg
- Exhale, ground through the supporting leg
- Extend beyond your fingertips
- Equally press the working leg into the supporting leg to create a sense of mid-line
- We are testing our mid-line

FLOWER POSE

Layer 1

- Inhale, flex the foot, grab the ankle
- Exhale, open the hip out wide to the side wall

Layer 3

- You're aiming to bring the right knee behind the left
- Feel the incredible opening of the hip and shoulder and ground into the supporting leg
- As you exhale, dive into your posture
- Pressure from the ankle to the hand, the resistance will help us to balance

FLOATING HALF MOON POSE

Layer 1

- Inhale, slowly extend to Floating Half Moon Pose
- Exhale, open hip and shoulder to side wall
- Leg stays in line with the spine
- Drop the top arm, take a bind and a big breath

Layer 3

- Imagine yourself between two panes of glass
- Open wider and let the light in

ANGEL POSE WITH CHEST STRETCH

Layer 1

- Clasp hands behind your back
- Inhale, open the chest
- Exhale, lift the heels
- **Squeeze glutes**

Layer 3

- Open the heart space
- Find a moment of stillness
- Allow peace to flow through you

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 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.

Being super clear with body part and direction (BPD) cues allows participants to focus on your voice guiding them through the poses so they avoid looking back at you. Tree Pose has a different feel as we venture out of the mid-line, challenging the strength and stability in Willow Tree Pose. Coach with a slow pace, encouraging participants to breathe as they move to Flower Pose with an open hip to the side wall, stacking the hips which sets the alignment for Floating Half Moon Pose perfectly.

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!



05. HIP OPENERS



TRACK FOCUS

Breath and acceptance to sustain the poses.

MUSIC			SEQUENCE/EXERCISE		CTS
0:00	Intro /	½x8		Set up Happy Baby Pose, facing L	4
0:03	C / This rainy day	5x8	A	Inhale/Exhale – Happy Baby Pose , facing L Option: Rock from side to side	40
0:35	V1 / _ We both	5x8	B	Inhale/Exhale – Supine Hip/Glute Stretch R, R foot on L thigh, hands to back of L thigh or L shin	40
1:07	V2 / Well today	5x8	C	Inhale/Exhale – Twisted Supine Hip/Glute Stretch R, land L knee B to floor Option: PNF, press R foot into floor, press R knee away	40
1:39	C / This rainy day	2½x8	C¹	Inhale/Exhale – R ankle to L knee or calf, R knee pressing down ↕ Twisted Supine Hip/Glute Stretch R	20
1:55	Br / Everything	1x8		Roll up, set up Swan Pose L, facing L	8
2:01	Everything	5½x8	D	Inhale/Exhale – Swan Pose L ↕ 90/90 Pose Inhale/Exhale – Swan Pose with Quad Stretch and PNF L	24 20
2:37	C / This rainy day	3x8	D¹	Inhale/Exhale – Extended Swan Pose with Quad Stretch L ↕ Swan Pose L	24
2:56	This rainy day	5x8	A	Repeat Happy Baby Pose , facing L	40
3:28	V3 / _ We both	5x8	B	Repeat Supine Hip/Glute Stretch L	40
4:00	V4 / Well today	7½x8	C-C¹	Repeat Twisted Supine Hip/Glute Stretch L	60
4:48	Br / Everything	9x8	D-D¹	Repeat Swan Pose, Swan Pose with Quad Stretch and PNF, and Extended Swan Pose with Quad Stretch R	72

SMARTSTART

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



05. JUST A CLOUD AWAY 5:48mins

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 stay still
- What does your body need today? Breathe into it

SUPINE GLUTE STRETCH

Layer 1

- Front foot over the back leg, flex feet
- Reach through and grab the back of the thigh or on top of the shin
- Front knee pushes out to feel the Glute Stretch
- Tail bone to the floor

Layer 3

- We are going to explore PNF – explore the contrast of contracting and relaxing the muscles using our breath
- Breathing space into the pelvis

TWISTED SUPINE HIP/GLUTE STRETCH

Layer 1

- Arms goes wide
- Simply drop the knees to the back of the room
- Sole of the foot on the floor
- Top knee opens up
- Shoulder blades down

Layer 3

- If you want to mix up the feels today, slide the ankle to the thigh to deepen the stretch

SWAN POSE

Layer 1

- Grab the back of the leg and roll yourself up
- Swing the leg around into Swan Pose
- Option – 90/90 Pose
- Full Swan Pose, heel to groin
- Roll top hip down
- Quad Stretch with PNF
- Exhale and relax the body forward

Layer 3

- Push the foot into the hand to contract the muscle. Squeeze glutes, breathe and feel the space we are creating in the front of the hip

ESSENCE TIPS

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

In these poses, acknowledge we are all built differently; our body structure is unique. So let's help move our 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'.

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



06A. CORE – ABDOMINALS



TRACK FOCUS

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

MUSIC			SEQUENCE/EXERCISE		CTS
0:00	V1 / _ I remember	2x8	Lie supine facing L, knees over hips, arms wide, palms up ↓ Pregnancy Option: On elbows		16
0:09	Reservations	2x8	A	4x Alt Toe Tap (slow) L&R (2cts R, 2cts L) ↓ Pregnancy Option: On elbows, Alt Toe Tap	4
0:18	V2 / _ I remember	8x8	A ¹	32x Alt Toe Tap (fast) L&R ↓ Pregnancy Option: On elbows, Alt Toe Tap ↑ Tap toes on floor further away from body	2
0:55	C / rich love _	4x8	B	4x Triple Pulse Crunch, Shoot Out Inhale/Exhale – 3x Crunch Pulse , knees bent, arms reaching outside of legs Inhale/Exhale – Legs to 45°, arms O/H ↑ Extend L leg (B leg) ↓ Pregnancy Option: On elbows, knees over hips, feet off floor for 3cts, tap toes to floor (1ct) On last 2cts, arms wide, legs to F diagonal	6 2
1:13	V3 / _ Do you remember	4x8	C	2x U-Shape L&R (slow) Inhale/Exhale – Knees bent, U-Shape to B, leg extend to back diagonal Inhale/Exhale – Repeat to front ↓ Knees stay bent ↓ Pregnancy Option: Toes on floor, extend top leg	8 8
1:31	PC / _ woooo	4x8	C ¹	4x U Shape L&R (fast) Inhale/Exhale – Knees bend, U Shape to B, leg extend to back diagonal Inhale/Exhale – Repeat to F ↓ Knees stay bent	4 4
1:49	C / rich love _	4x8	B	Repeat 4x Triple Pulse Crunch, Shoot Out	32
2:08	Br / _ bottle of wine	4x8	D	2x Pilates Frog Crunch (slow) Inhale – Crunch , knees wide, big toes together, hands reach towards feet Exhale – Extend legs 45°, arms O/H ↓ Pregnancy Option: Take a break, turn through chest	8 8
2:26	C / rich love _	8x8	D ¹	8x Pilates Frog Crunch with Pulse Inhale/Exhale – 3x Frog Crunch Pulse , knees wide, big toes together, hands reach towards feet Inhale/Exhale – Legs to 45°, arms O/H ↓ Pregnancy Option: Toes to floor, slide feet away, knees wide and back	6 2
3:03	Outro /	2x8	C	Repeat 8x Alt Toe Tap/Reindeer (fast) L&R	16



06A. RICH LOVE 3:19mins

TECHNIQUE AND COACHING

ALTERNATING TOE TAP

Layer 1

- Knees over hips, shins parallel
- **Press lower back towards the floor, brace the abdominals**
- Reindeers – Alternating Toe Taps
- Breathing in through the nose, out through the mouth

Layer 3

- Soft landing on the toes
- Take the Reindeers a little further away from you to feel the burn
- Focus on the breath

TRIPLE PULSE CRUNCH, SHOOT OUT

Layer 1

- Triple Pulse C-Crunch
- Knees over hips
- Reach towards feet as you crunch
- Extend out long, arms over head
- **Ribs to hips** on the Crunch
- **Lower back towards the floor** as the arms extend

Layer 3

- Inhale as you crunch, exhale and then extend

U-SHAPE

Layer 1

- Arms wide, legs to front corner
- Slow U-shape
- Bend knees through the middle
- Extend to the back
- Hips rocking side to side
- **Brace the abs, belly to spine**

Layer 3

- Making a big smile with the feet

PILATES FROG CRUNCH

Layer 1

- Knees wide, toes together
- Palms press as you crunch up
- Arms and legs extend
- **Lower back towards the floor as the legs extend**

Layer 2

- Try and get your shoulder blades off the mat
- Feeling the energy into the mid-line

ESSENCE TIPS

Offer pregnancy options as the track begins. Look out and acknowledge if anyone takes them. Let them know you see them, either verbally or just with a smile.

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 of the Alternating Leg lifts (Reindeers), Shootouts, U Shapes and Pilates Frog Crunch. Remind participants to brace the belly and keep the lower back towards the floor to help them succeed in this track, as well as using constant reminders of powerful breathing (in through the nose and out through the mouth).

Offer 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!



06B. CORE – ABDOMINALS



TRACK FOCUS

Activate opening and strengthening in the back body.

MUSIC			SEQUENCE/EXERCISE		CTS
0:01	V1 / _ I miss the	2x8	Set up Hover facing R, forearms stacked		16
0:08	_those better days	2x8	A	Inhale/Exhale – Hover , on knees or toes ⬇️ Pregnancy Option: Horse Stance	16
0:16	PC / the highlights	8x8	A ¹	2x Rolling Side Hover L&R (slow) Inhale/Exhale – Side Hover L, turn to front, L arm lifts ⬇️ R knee to floor Inhale/Exhale – Side Hover R, turn to B ⬆️ On 2nd rep – Lift L leg, flex foot ⬇️ Pregnancy Option: Side Plank, R knee on floor, lift L leg, repeat to B	16 16
0:47	C / ay oh	4x8	A ²	Rolling Side Hover with 6x Pulse L&R Inhale – Side Hover L, facing front Exhale – Pulse L leg Repeat to R, facing B	 4 12 16
1:03	V2 / _ We used to	4x8	B	Inhale/Exhale – Hover Inhale/Exhale – Plank	8 24
1:19	PC / the highlights	4x8	C	2x Pullback to Firefly Pose L&R Inhale – Bear Pose Exhale – Firefly L, L knee to L elbow Inhale – Bear Pose Exhale – Firefly Pose R, R knee to R elbow Pregnancy Option/⬇️ On knees	4 4 4 4
1:34	Br / Ohhh	6x8	C ¹	3x Pullback to Firefly Pose L&R ⬆️ Jump into Firefly	16
1:58	Ohhh	2x8	Lower knees, roll onto back, set up Crunch, legs and arms lift, thumbs link together		16
2:05	C / ay oh	4x8	D	4x Crunch, Alt Leg Drop R&L Exhale – Leg Drop R, R knee bends, L leg extends long, arms O/H Inhale – Crunch Repeat to L ⬇️ Pregnancy Option: On elbows, legs to 45°, one knee bends, then switch	 2 2 4
2:21	Feel it again	4x8	D ¹	4x C-Crunch, Alt Leg Drop R&L Exhale – Leg Drop R, R knee bends, L leg long extends, arms O/H Inhale – C-Crunch , lift tail bone Repeat to L	 2 2 4
2:37	Outro /	2x8	E	Inhale/Exhale – Hip Bridge Stay in Hip Bridge as you move into next track	16



06B. FEEL IT AGAIN (RUHDE REMIX) 2:46mins

TECHNIQUE AND COACHING

ROLLING SIDE HOVER

Layer 1

- Let's set up for Hover
- Stack the forearms
- Elbows under shoulders
- Lift hips to shoulder level
- On knees or toes
- **Brace the abs**
- **Back long and straight**
- Roll the body to the front – Side Hover
- Scissor stance or bottom knee down
- **Lift the bottom hip**
- Same thing to the back
- Roll and leg pulse

Layer 3

- Stay focused on lifting the bottom hip to activate the obliques

PLANK POSE – BEAR POSE TO FIREFLY POSE

Layer 1

- Walk the hands up to Plank Pose
- Hands shoulder-width apart
- Pull back to Bear Pose and Firefly Pose
- Front knee close to elbow
- **Brace the belly to keep hips square to the front**
- Pull back and jump forward

Layer 3

- Load into the core and force it to react as you jump forward

C-CRUNCH, ALTERNATING LEG DROP

Layer 1

- Roll over onto your back
- Extend legs above hips
- Thumbs linked together, crunch up to feet
- Drop back leg and bend front knee
- Drop and reach
- **Keep the lower back towards the floor as the leg drops**
- **Ribs to hips on the C-Crunch**

Layer 3

- Try lifting the tail bone off the floor to engage the lower abdominals even more
- Firing up the core

HIP BRIDGE

Layer 1

- Feet close to butt
- Press through heels
- **Squeeze butt** to lift hips
- Hold here

ESSENCE TIPS

We begin the track with the Hover and Plank/Firefly Sequence to build incredible whole-body strength. These moves are challenging, so an option is to keep the knee down to decrease intensity. Be sure to check in with your 3 B's (Back, Belly and Breath) in each exercise so we are keeping people safe.

We love Leg Drops! The lower abdominal muscles have to react and respond to stabilize the hips and pelvis, as well as the lower back towards the floor as we move. Coach powerful breath (in through the nose and out through the mouth).



07. CORE – BACK



TRACK FOCUS

Activate opening and strengthening in the back body.

MUSIC		SEQUENCE/EXERCISE		CTS
0:00	Intro /	7x8	A Inhale/Exhale – Hip Bridge , facing L	56
0:28	C / foundations	12x8	A ¹ 6x Single-Leg Hip Bridge with Thread Through L Inhale – L knee lifts and extends Exhale – L foot lowers, threads through behind L calf ⬇ Tap L toes to floor	8 8
1:16	Br / I don't have to	4x8	A ² Inhale/Exhale – Hip Bridge Pulse , 1ct up, 1ct down	32
1:32	C / foundations	12x8	A ¹ Repeat 6x Single-Leg Hip Bridge with Thread Through R	96
2:20	V2 / lying in	2x8	B Lying Prone , facing R, knees bent and wide, feet press together ⬇ Pregnancy Option: Camel Pose	16
2:28	C / foundations	4x8	B ¹ 2x Prone with Arm Circles Inhale – Arms circle wide to O/H Exhale – Arms circle wide and B	8 8
2:44	Foundations	4x8	B ² 2x Prone with Arm Circles and Leg Pulse Inhale – Arms circle wide to O/H Exhale – Arms circle wide and B Leg Pulse – 1ct up, 1ct down ⬇ Pregnancy Option: Camel Pose, L arm to L ankle, R arm O/H	8 8
3:00	Br / I don't have to miss	10x8	B ³ 5x Flutter Kick with Arm Circles Inhale – Arms circle wide to O/H Exhale – Arms circle wide and B ⬇ Pregnancy Option: Camel Pose, R arm to R ankle, L arm O/H ⬆ Lift knees	8 8
3:40	Outro / I don't have to miss	2x8	C Inhale/Exhale – Childs Pose	16



07. FOUNDATIONS 3:51mins

TECHNIQUE AND COACHING

SINGLE-LEG HIP BRIDGE WITH THREAD THROUGH

Layer 1

- Let's stay in the Hip Bridge
- Climb your shoulders underneath you
- Lace fingers together as you inhale
- As you exhale, **squeeze glutes**, straighten your arms
- Front leg lifts and extends to the ceiling
- Thread the needle
- Foot to calf or ankle
- Tap down on the floor if you're not threading
- Press down hard through the supporting heel to keep the glute and hip lifted
- Feet flat on floor, **squeeze the butt**, small pulses

Layer 3

- Inhale deeply so your chest is coming to your chin
- Beautiful foundation to work from
- Opportunity to reset your foundational arms before moving to the other side
- Remember your choices – threading or tapping
- Let's grow through the posture and the breathing body
- These are our postural muscles we want super strong for life

PRONE WITH ARM CIRCLES / FLUTTER KICK

Layer 1

- Pregnancy Option – Camel Pose
- Otherwise, roll onto your front
- Arms wide, feet together, knees bent
- Circle the arms wide and forward
- **Squeeze the butt** and circle back
- Pulse the knees as you reach forward and back
- Keep the arms moving and flutter-kick the legs

Layer 3

- If you want more intensity, try lifting the knees off the floor as well

ESSENCE TIPS

Hip Bridge with Thread Through is back!

We know Hip Bridges strengthen the glutes, erector spinae and hamstrings, while enhancing core stability. We target all 3 glute muscles (maximus, medius and minimus) when performing a Hip Bridge.

Strong glutes can help decrease knee pain (the glutes play a big part in controlling the femur at the hip joint which affects how the other bones of the knee joint work together) as well as any lower back pain as we strengthen the core. The Single-Leg Thread Through has a focus on muscle imbalance. Driving through one leg, we bring awareness to any imbalances that may be present between each limb. Increasing the load across muscles of the glutes, hamstrings and lower back.

Coach participants to keep hips high and still as they thread through and remember, offer the option of tapping the toes down lightly then encourage them to build up to the threading action.

As you progressively show your class 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.



08A. TWISTS



TRACK FOCUS

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

MUSIC			SEQUENCE/EXERCISE		CTS
0:00	Intro /	2x8	Set up Down Dog		16
0:08	V1 / I wanna _	4x8	A	Inhale/Exhale – Twisted Down Dog R, R arm to L leg	32
0:23	_ I want you	4x8	A ¹	Inhale/Exhale – 3-Legged Dog R, L leg lifts	16
				Inhale/Exhale – 3-Legged Dog with Open Hip R, L knee bends	16
0:39	PC / leaving this city	4x8	B	Inhale/Exhale – Wild Thing Pose R, L foot lands towards B, L arm lifts	32
				⬆ Turn chest to ceiling, open L arm to B	
				⬇ 3-Legged Dog with Open Hip R	
0:55	C / Ride with me	4x8	B ¹	2x Wild Thing Arm Sweep R	8 8
				Inhale – L arm sweeps F	
				Exhale – L arm opens to B	
1:11	V2 / I wanna _	4x8	A	Repeat Twisted Down Dog L	32
1:26	V2 cont. / _ I want you	4x8	A ¹	Repeat 3-Legged Dog L and 3-Legged Dog with Open Hip L	32
1:42	PC / leaving this city	4x8	B	Repeat Wild Thing Pose L	32
1:58	C / Ride with me	4x8	B ¹	Repeat 2x Wild Thing Arm Sweep L	32
2:14	V3 / I wanna _	1x8		Inhale/Exhale – Down Dog	8
2:17	Get in my	5x8	C	Inhale/Exhale – Pyramid Pose R, hands to R ankle or shin	40
2:37	Br / you here _	12x8	C ¹	3x Triangle Pose with Twist Sequence R	8 8 8 8
				Inhale/Exhale – R hand to R ankle, lift L arm, open chest to front	
				Inhale – Triangle Pose with Flat Back R, L hand to R ankle	
				Exhale – Reverse Twisted Triangle Pose , twist to B, R arm lifts	
				Inhale – Triangle Pose with Flat Back R, L hand to R ankle	
3:24	V4 / I wanna _	1x8		Walk hands to front to L side	8
3:28	Get in my	4x8	C	Repeat Pyramid Pose L	32
3:44	Br / you here _	12x8	C ¹	Repeat 3x Triangle Pose with Twist Sequence L	96
4:31	Outro / Ooo	3x8	D	Inhale/Exhale – Wide-Legged Forward Fold , walk hands to front	24



08A. NIGHT DRIVE 4:48mins

TECHNIQUE AND COACHING

TWISTED DOWN DOG

Layer 1

- Find Down Dog
- Tuck toes under, lift hips high
- Place back hand somewhere on the front leg for the twist
- Gentle twist
- Bring back shoulder through

Layer 3

- Use the leverage to enhance the twist

3-LEGGED DOG / WILD THING POSE

Layer 1

- Front leg rises into 3-Legged Dog
- Open the hip by bending the knee
- We can stay here and breathe or move into Wild Thing Pose
- Drop the top leg over
- Pivot on feet and land
- First option with a Side Bend
- Arm over ear
- Or bring arm towards the back of the room
- **Squeezing glutes**, hips high
- Spinal mobilization flows this movement
- Back arm comes forward as you exhale
- Inhale and open up

Layer 3

- Opening and expressing the posture
- Using breath as you flow through the posture
- Feel the beautiful twist through the spine

TRIANGLE POSE WITH TWIST SEQUENCE

Layer 1

- Back to Down Dog
- Back leg steps through to Triangle Pose
- Anchor the back heel down
- Hand to ankle
- Inhale and open your Triangle Pose to the front
- Exhale, release hand to the floor
- Reverse Triangle Pose, bend the front knee
- Flow it again

Layer 3

- Use the breath as we move
- Engage core and lift chest as you do the Reverse Triangle Pose
- Finding more length through the fingers

WIDE-LEGGED FORWARD FOLD

Layer 1

- Bringing hands to the center of the mat
- Wide-Legged Forward Fold
- Toes turn in slightly
- Inhale and fold
- **Lift belly towards spine**
- **Bend knees and lift belly**
- Chin tucks in

Layer 3

- Crown of the head towards the floor



08A. NIGHT DRIVE 4:48mins

TECHNIQUE AND COACHING

ESSENCE TIPS

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

This track is dynamic. Wild Thing Pose gives us an opportunity to feel a different kind of strength in the arms, shoulders and back. A clear set-up will allow our participants to feel the powerful strengthening into the sides and back of the body, creating mobility and extension. Coach the arm over ear Side Bend or open arm towards the back of the room. Once we are stable, we flow the arm with the music to encourage more mobility and strength gains.

To help people feel successful in this pose, ensure that you coach the set-up really clearly on the first side with lots of breath cues and options along the way, then leave space for them to explore their way – right to the edge if they want to. When you go there, the feeling is invigorating and uplifting!

The Triangle Sequence is another flow moving from the front to the back – Reverse Triangle Pose. Coach to bending the front knee in the Reverse Triangle Pose or hand to shin to help with balance and alignment. This way, we keep the focus into the mid and upper spinal rotation. Coach lots of options here, inviting your participants' individual twisting journey to be explored and enjoyed.



08B. TWISTS

TRACK FOCUS

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

MUSIC			SEQUENCE/EXERCISE		CTS
0:00	Intro /	2x8	A	Inhale/Exhale – Wide-Legged Forward Fold	16
0:11	V1 / I’m a mess	4x8	A ¹	Inhale – Lift chest , straighten arms	8
				Exhale – Wide-Legged Forward Fold with Twist L, R hand to floor, L arm lifts	8
				Inhale/Exhale – Repeat to R	16
0:32	PC / I’ve been tryyying	2x8	A	Repeat Wide-Legged Forward Fold	16
0:43	C / that I can’t hold	4x8	B	Tuck R leg under, sit facing front	8
				Inhale/Exhale – Seated Twist L, L foot over R thigh or shin ↓ Pregnancy Option: Open Twist	24
1:04	Like you	2x8	B ¹	Inhale/Exhale – Seated Twist with Side Bend L, L arm O/H	16
1:16	V2 / It all makes sense	4x8	C	Inhale/Exhale – Seated Star Pose	16
				Inhale/Exhale – Seated Star Pose with Forward Fold	16
1:37	C / that I can’t hold	4x8	B	Repeat Seated Twist R	32
1:59	Like you	2x8	B ¹	Repeat Seated Twist with Side Bend R	16
2:09	PC / been tryyying	1½x8		Turn to L side, roll down to lie supine	12
2:18	C / that I can’t hold	8x8	D	2x Supine Twist R&L	
				Inhale/Exhale – Roll knees to front	8
				Inhale/Exhale – Supine Twist R, knees land to front, arms wide on floor	8
				⬆ Extend top leg	
				⬆ Wrap top leg over bottom leg	
				Inhale/Exhale – Roll knees to other side	8
				Inhale/Exhale – Supine Twist L, knees land to B	8



08B. SOMEONE LIKE YOU 3:05mins

TECHNIQUE AND COACHING

WIDE-LEGGED FORWARD FOLD WITH TWIST

Layer 1

- Stay in your Wide-Legged Forward Fold
- Press your hands into the floor
- Lift and lengthen spine
- Right arm lifts to Spinal Twist
- Repeat to other side
- Hands to floor and move into Forward Fold again

Layer 3

- Feel the beautiful stretch down the back of the legs

SEATED TWIST WITH SIDE BEND

Layer 1

- Let's set up for a Seated Twist
- Foot in front of knee or crossed over the other leg
- Anchor sit bones down
- Inhale, wrap
- Exhale, turn shoulders to the side wall
- Inhale, Side Bend
- C-shape arm over ear

Layer 3

- Side flexion and rotation at the same time

SEATED STAR POSE WITH FORWARD FOLD

Layer 1

- Soles of the feet together
- Inhale to lengthen spine
- Hands on ankles
- Forward Fold
- Inhale, **belly in**
- Round the upper spine

SUPINE TWIST

Layer 1

- Turn side-on, roll down to the floor
- Knees over hips
- Drop knees to the front
- Extend the top leg
- Flow to the back

Layer 3

- Enjoy the spinal releases

ESSENCE TIPS

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

Think of a Seated Twist. Inhaling to lengthen brings a natural lift to the chest and straightening of the spine, as well as a lifting of energy. Then, using the exhalation to rotate, this supports the natural twist of the body and lets us go as far as we can. Lastly, that glorious, very final part of the out-breath, just before we need to inhale, is where we let go and relax into our pose.

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



09. FORWARD BENDS / HAMSTRINGS



TRACK FOCUS

Lengthening and opening into the side body and hamstrings.

MUSIC			SEQUENCE/EXERCISE		CTS
0:00	Hmm	3x8	A	Lying supine, Knees To Chest Pose ⬇️ Pregnancy Option: Knees wide	24
0:31	(Piano) _ I'm falling	1½x8	B	Inhale/Exhale – Lying Hamstring Stretch with Knees To Chest Pose R, R leg lifts, L knee bent, drawing L knee to chest ⬇️ Pregnancy Option: Single-Leg Adductor Stretch, R leg straight, L knee bent	12
0:49	I'm reaching out	1½x8	A	Repeat Lying Hamstring Stretch with Knees to Chest Pose L	12
1:07	_ (Piano) all I hear	3x8	B	Inhale/Exhale – Bent Knee Adductor Stretch , holding shins	16
1:25	Hit the ground	2x8	C	Inhale/Exhale – Adductor Stretch ⬆️ Holding toes ⬇️ Pregnancy Option: Knees bent, rock from side to side	32
2:08	Instr (Faster piano)	4x8	D	Inhale/Exhale – Lying Hamstring Stretch R, R leg lifts, L foot on floor or extended on floor ⬇️ Pregnancy Option: Take R leg wide, rock side to side	32
2:46	Silence _	2½x8	C²	Inhale/Exhale – Single-Leg Abductor Stretch R, L hand to R leg, R leg to B	20
3:10	Nah nah nah	2½x8		Inhale/Exhale – Single-Leg Adductor Stretch R, R hand to R leg, R leg to front	20
3:36	Hmm	2x8	C	Inhale/Exhale – Knees To Chest Pose , set up Lying Hamstring Stretch L	16
3:56	(Beat) _ I'm searching	4x8	D	Repeat Lying Hamstring Stretch L	32
4:35	_ Now I've	2½x8	C²	Repeat Single-Leg Abductor Stretch L	20
5:03	Nah nah _ Ohh oh	2x8		Repeat Single-Leg Adductor Stretch L	16



09. FALLING 5:28mins

TECHNIQUE AND COACHING

LYING HAMSTRING STRETCH WITH KNEES TO CHEST POSE

Layer 1

- Knees into chest
- Inhale, chin tucked in and feel the body relax
- Hamstring Stretch
- Extend front leg high to ceiling
- Holding somewhere on the leg
- Change sides

ADDUCTOR STRETCH

Layer 1

- Take the legs wide
- Hands on the inside, outside, or Peace Fingers to big toes
- Lower back and tail bone towards the floor

Layer 3

- Relax your body down

LYING HAMSTRING STRETCH / ABDUCTOR STRETCH / ADDUCTOR STRETCH

Layer 1

- Back leg lengthens along the floor
- Extend the front leg for a Hamstring Stretch
- Bring leg across the body
- Opposite arm out to support
- Release and bring leg to front of room
- Anchor sit bones down

Layer 3

- Explore the stretch – use the breath to help you relax
- Feel the ribcage expand as you take a deep inhale

ESSENCE TIPS

We move into one more Hamstrings track that provides an opportunity to stretch deeply into the hamstrings which transitions beautifully into the Relaxation/Meditation track

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



10. RELAXATION / MEDITATION



UNO 6:35mins

TRACK FOCUS

Create a breathing practice.

So, let's continue to rest deeply. Let's find a position for our Relaxation and Meditation. So, either in the Corpse Pose, or you can bring your feet up and let your knees fall in. Or you can sit up with me. Get really warm; take in some water if you need. Get as comfortable as you can, just moving your body. Make any adjustments, tuck your chin in, maybe spread your shoulders. And absolutely give yourself permission for these next 6 minutes, to just be in your body, being here in this experience.

So, let's take a deep breath in through our nose and exhale the 'ah ha' breath through the mouth. And just continue to do that as many times as you need. Just feel any tension that was still there just starting to slide away. When you're ready let your eyes close, and let your eyes rest deeply. Just bring awareness to your breathing, just however it shows up right now. Your natural breath is perfect. Just feel your head resting down on the earth, allow it to soften. Allow all the muscles of the face to soften. Especially across the forehead and in between the eyebrows. Just try and rest the tongue in the roof of the mouth. Allow the lips to open, so the jaw can relax. Just soften. And through our neck and shoulders, just see if there's any tension there. Breathe into it, let it soften.

And as you let it soften, let your body become heavy. Get a sense of that heaviness. And down your arms to your fingers, notice any tension there. Breathe into it. Soften. And the whole front body and the whole back body – take a breath, create awareness around that part of your body, allow it to soften. And down to your belly and your hips, breathe into that space. Again, allow it to soften. And now through our legs, right out to our feet. Notice if there's any tension there. Breathe into it. Soften.

And on your next breath in, feel your whole body. Soften on the exhale. Get a sense of that heaviness. This is the time for your body to rest deeply – to rejuvenate, and give yourself so much love and kindness. Take it into your heart space. So you feel from the inside out. This whole-body glow. Just radiate in that glow. Just starting to breathe a little deeper. Maybe moving fingers and toes. Do what feels good. Might be a full-body stretch. Might be hugging the knees in.

Thank your body for the practice today. Rolling to the right-hand side, and when you're ready, just bringing yourself up to a seated position. Long spine and soft face, let's bring the hands into the heart space and take one final breath together everyone. Deep breath in. Little pause at the top of the in-breath, and just a slow out-breath. Grounding you into your day. Thank you so much for joining us; see you next time.



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
0:05	Intro / What a way	2½x8	Set up Wide Wu Chi , facing front		16
			Inhale/Exhale – Arms lift to R , shoulder height		4
0:18	V1 / need to learn	8x8	A	4x Arm Sweep with Press L&R	
				Inhale – Arms sweep down to L	4
				Exhale – Weight shift L, press palms to L	4
				Repeat to R	8
				On last 2cts, arms O/H	
0:55	C / (Beat)	8x8	B	2x Chi Ball Sequence L&R	
				Inhale – Bend knees, elbows bend, arms lower, palms facing F	4
				Exhale – Arms O/H, palms facing F	4
				Inhale/Exhale – Circle upper body L	8
				Repeat to R	16
1:32	V2 / There's a place	2x8	A	Arm Sweep with Press L&R	
				Inhale – Arms sweep down to L	4
				Exhale – Weight shift L, press palms to L	4
				Repeat to R	8
1:41	You see	6x8	A¹	3x Arm Sweep with Press and Step In L&R	
				Inhale – Arms sweep down to L, step R foot in, R heel lifted	2
				Exhale – Press palms to L	2
				↴ Arm Sweep with Press	
				Repeat to R	4
2:09	C / (Beat)	12x8	C¹	Repeat 3x Chi Ball Sequence L&R	96
				⬆ 2x circles of upper body – 4cts per rep	



BONUS

01. LOSE YOUR HEAD (DAVE GLASS ANIMALS REMIX) 3:07mins

TECHNIQUE AND COACHING

ARM SWEEP WITH PRESS AND STEP IN

Layer 1

- Wide Wu Chi position
- Feet outside hip-width, knees out over toes
- Tuck tail bone under, spine long
- Inhale, sweep arms
- Exhale, lunge and push
- Drop the upper body as you sweep
- **Draw the belly in to support the back**
- Bring in your trailing leg as you press

Layer 3

- Softness in the arms and ease in the shoulders
- Finding your flow and the quality of your movements

CHI BALL SEQUENCE

Layer 1

- Connect to your energy ball
- Arms lower and rise
- Full circle with the upper body
- Option to stay low as your arms push high
- Option to try 2 circles

Layer 3

- Press knees open as you circle
- Feel the release in your spine as you circle
- Connecting the ball of energy as you take a full breath in
- Focus your eyes to your hands

ESSENCE TIPS

This bonus track provides 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.

You have 2 options to teach over a few weeks as participants achieve the sequences: Double-Arm Circle and the Step In. The pace of the movement helps to provide much of the warming sensations, so coach simple alignment (BPD) and breath cues, allowing space for the music to shine through, and create a feeling that there is plenty of time and space.

Coaching points: 4 types of Tai Chi movement – breathing, releasing, warming and focusing.

Enjoy this internal mind-body connection!



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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.

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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.

