



BODYBALANCE

99

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03B. STANDING STRENGTH

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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

Danger (3:57)

Slaters feat. Toulouse

© 2017 Terrible Records.

Written by: Carlson, Craig, Toulouse
- 02A

For Whatever It's Worth (4:02)

Dan Draper

Courtesy of Les Mills Music Licensing Ltd.

Written by: Beasley
- 02B

Physical In My Bedroom (4:27)

Nik Brinkman

Courtesy of Les Mills Music Licensing Ltd.

Written by: Brinkman
- 03A

Dreamer (3:00)

Dermot Kennedy

Courtesy of the Universal Music Group.

Written by: Kennedy, Friedman, Nigro
- 03B

Little Bit of Love (3:45)

Tom Grennan

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Written by: Needle, Bryer, Grennan
- 04

Somebody To Love (4:56)

Queen

Courtesy of the Universal Music Group.

Written by: Mercury
- 05

Burning Desires (7:02)

Bobby Weaving

Courtesy of Les Mills Music Licensing Ltd.

Written by: Arts
- 06

Cities (3:00)

Throttle

© 2019 Monstercat.

Written by: Bergin
- 07

Machine (3:04)

Bishu feat. Mister Blonde

© 2018 Monstercat.

Written by: Campbell, Gabriel, Sands, Sherman
- 08

Physical Gold (3:32)

Nik Brinkman

Courtesy of Les Mills Music Licensing Ltd.

Written by: Brinkman
- 09A

Million Days (Acoustic) (3:32)

SABAI feat. Hoang & Claire Ridgely

© 2021 Monstercat.

Written by: Hoang, Mlakar, Ridgely, Takviriyanan
- 09B

Commence (2:30)

Shingo Nakamura

© 2021 Monstercat.

Written by: Nakamura
- 10

In Lieu Of Words (5:57)

Gabrielle Peake

Courtesy of Les Mills Music Licensing Ltd.

Written by: Peake
- BONUS
01

I Do (4:23)

Jarryd James

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Written by: Klapper, Casino



EXPRESS FORMATS

30-MINUTE STRENGTH		30-MINUTE FLEXIBILITY	
Track 01	Yoga Warm-up	Track 01	Yoga Warm-up
Track 02a	Sun Salutations	Track 02a	Sun Salutations
Track 02b	Sun Salutations	Track 02b	Sun Salutations
Track 03a	Standing Strength		
Track 04	Balance	Track 05	Hip Openers
Track 06	Core – Abdominals		
Track 07	Core – Back	Track 08	Twists
		Track 09a	Forward Bends/ Hamstrings
Total Time	26:26	Total Time	26:32
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 02a	Sun Salutations	Track 02a	Sun Salutations
Track 02b	Sun Salutations	Track 02b	Sun Salutations
Track 03a	Standing Strength	Track 03a	Standing Strength
Track 03b	Standing Strength	Track 03b	Standing Strength
Track 04	Balance	Track 04	Balance
Track 06	Core – Abdominals		
Track 07	Core – Back	Track 08	Twists
Track 08	Twists	Track 09a	Forward Bends/ Hamstrings
Track 09a	Forward Bends/ Hamstrings	Track 09b	Forward Bends/ Hamstrings
Track 09b	Forward Bends/ Hamstrings		
Total Time	39:45	Total Time	40:43
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 99



Front row L–R: Oriel Alvarez, María Bottaniz, Antonio Jimenez, Roberto Maserin, Francesco Barateieri, Carla Williams, Michela Decia, Isha Peeters, Tine Boles, Daniel Moheb Choucri

Row 2 L–R: Eileen Post, Deidre Douglas, Erin O’Connell, Cambria Camillo, Luca Callini, Anke Ijsveld, Katharina Zorandy, Emilee Wilson

Row 3 L–R: Elena Fernandez, Kylie Gates, Khiran Huston, Gregorie Rouxel, Patricia Oliviera, Ann-See Yeoh, Eleni Ioannou

Row 4 L–R: Danielle Tsao, Sarah Norman, Bram Halim, Barbara Stroup, Janne Van Hove, Rhian Toates, Niko Viskari, Sam Russell, Luke Woolliscroft

PRESENTERS

- Niko Viskari** (Finland)
- Patricia Oliveira** (Portugal)
- Kylie Gates** (Australia)
- Elena Fernandez** (Côte d'Ivoire)
- Khiran Huston** (New Zealand)
- Ann-See Yeoh** (United Kingdom)
- Daniel Moheb Choucri** (United Kingdom)
- Emilee Wilson** (United Kingdom)
- Eileen Post** (Germany)
- Katharina Zorandy** (Germany)
- Barbara Stroup** (France)
- Grégoire Rouxel** (France)
- Bram Halim** (United Kingdom)
- Carla Williams** (United Kingdom)
- Rhian Toates** (United Kingdom)
- Cambria Camillo Smith** (United States)
- Deidre Douglas** (United States)
- Luca Callini** (United States)
- Francesco Barattieri** (Italy)
- Michela Decia** (Italy)
- Roberto Maserin** (Italy)
- Antonio Jiménez** (Spain)
- María Bottaniz** (Spain)
- Oriel Alvarez** (Spain)
- Eleni Ioannou** (Cyprus)
- Anke Ijsveld** (Netherlands)
- Isha Peeters** (Belgium)
- Janne Van Hove** (Belgium)
- Sam Russell** (United Kingdom)
- Sarah Norman** (United Kingdom)
- Tine Boles** (Ireland)
- Erin O’Connell** (Canada)
- Luke Woolliscroft** (Canada)

Thanks to **Danielle Tsao** (Malaysia)

This was the release of all releases! Until the next one of course...

But this was the release that we knew would be filmed in London, with the Masterclass presenters from all around the world bringing their gorgeous unique coaching and style to it, in front of a massive audience of incredible instructors and participants!

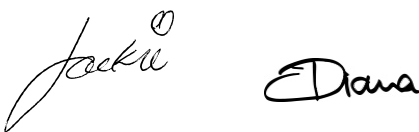
It was daunting to start the creative process, I’m sure you can imagine, knowing that this needed to be epic and still hold all the internal power we have been imbuing the latest releases with.

We were fortunate to have some of the most beautiful music for us to use (and it was a long process for me, Diana, to convince myself not to turn Track 4 into basically a dance!).

I (Jackie) fell in love with the simplicity of the 90/90 Pose and how this feels in my (bionic as my family calls them) hips. I hope you can feel the magic in the simplicity as we do!

Once again, thank you all for your support and work – you are the ones who make this product available to all those who need it, and we always want to know what you think!

Lots of love,
J&D



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 /	1x4	Lie supine, facing L		4
0:09	V1 / Keep it safe	7x8	A	Inhale – Hip Bridge	16
				Exhale – Arms extend to ceiling	16
				Inhale – Arms O/H	16
				Exhale – Hips lower, arms back to sides	8
0:51	C / bit of danger	4x8	A ¹	2x Hip Bridge Sequence	
				Inhale – Hip Bridge, arms reach O/H	8
				Exhale – Hips lower, arms back to sides	8
1:15	Instr /	1x8		Hands to back of thighs, roll up, set up Horse Stance facing R	8
1:21	V2 / Color inside	5x8	B	Exhale – Cat Pose	16
				Inhale – Cow Pose	8
				Exhale – Cat Pose	8
				Inhale – Cow Pose	8
1:51	C / bit of danger	4x8	C	Inhale – Bear Pose	8
				Exhale – Down Dog	8
				Inhale – Bear Pose	8
				Exhale – Down Dog	8
2:15	Instr /	2x8	D	Inhale/Exhale – Forward Fold , walk feet towards hands	16
2:27	Ref / went down	4x8	D ¹	Inhale/Exhale – Forward Fold with Twist and Heel Lift L,	16
				walk hands to front, chest towards L knee, lift L heel	16
2:51	Br / Keep it safe	11x8	E	Repeat to R	16
				4x Extended Mountain Sequence , facing R	
				Inhale/Exhale – Flat Back Extend	8
				Inhale – Extended Mountain Pose	8
				Exhale – Forward Fold	8
				On last rep, finish in Extended Mountain Pose	



01. DANGER 3:57mins

TECHNIQUE AND COACHING

HIP BRIDGE

Layer 1

- Come down to the mat
- Side-on, lie on your back
- Feet hip-width apart
- Find a Hip Bridge
- **Squeeze butt**
- Lift arms over shoulders
- Tuck chin in
- Arms over head and lower down slowly
- Flow – lift hips and arms

Layer 3

- Arriving to the workout and breathing
- Press shoulders down firmly into the mat
- Synergy of breath and movement

CAT POSE / COW POSE

Layer 1

- Come down onto all fours
- Tuck the tail bone under
- Scoop the belly as you exhale
- Inhale – bring chest through arms

Layer 3

- Press hands into the mat

BEAR POSE TO DOWN DOG

Layer 1

- Inhale, lift knees off floor to Bear Pose
- Spine neutral
- **Brace belly**
- Exhale, Down Dog
- Shift the weight forward to Bear Pose again
- Back to Down Dog

Layer 3

- Feel your core ignite
- Feel the length in your spine

FORWARD FOLD WITH TWIST

Layer 1

- Walk feet towards hands
- Forward Fold
- Feet hip-width apart
- **Bend knees**
- **Lift belly, tuck chin in**
- Bring your hands outside your front foot
- Bend your knee or lift heel

Layer 3

- Gentle twist to mobilize the spine
- Feel the mobility through your hips

EXTENDED MOUNTAIN POSE SEQUENCE

Layer 1

- Hands to shins
- Flat back extend
- Inhale, Circle arms wide to extended mountain
- Exhale, Forward Fold, **lift belly and bend knee deeply**

Layer 3

- Hips and shoulders aligned
- Feel the length in the hamstrings
- Energize and extend
- Let go and surrender

ESSENCE TIPS

Simple, clear coaching is paramount to getting your class moving and warming up quickly. Remember, it is OK to simplify your coaching as we begin, allowing exploration into the music and how your participants' bodies feel today. There is so much time and space to bring more depth into your coaching as we move through the release. Let this Warm-up be about the connection with your body through breath and celebration.

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



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

BODYBALANCE 99



02A. FOR WHATEVER IT'S WORTH 4:02mins

TECHNIQUE AND COACHING

CHEST STRETCH

Layer 1

- Clasp hands behind your back
- Feel the floor beneath your feet
- Take a breath in and let it go
- Option to take hands to lower back for Standing Camel Pose
- **Squeeze butt**

Layer 3

- Let's get ready to move through Sun Salutations
- Explore your Camel Pose

EXTENDED MOUNTAIN POSE – FORWARD FOLD

Layer 1

- Inhale, Extended Mountain Pose
- Hands meet at the top
- Exhale, Forward Fold
- Prayer Hands
- **Bend knees**
- **Lift belly**

Layer 3

- Let's explore our breath

LUNGE

Layer 1

- Inhale, step front foot back to Lunge
- Squeeze glutes
- **Knee over ankle**
- Option to jump back
- **Brace belly**

DOWN DOG

Layer 1

- Exhale, Down Dog
- Hips high
- Long spine

Layer 3

- Upside-down 'V' shape

PLANK POSE

Layer 1

- Inhale, Plank
- Tuck chin in
- Shoulders over wrists
- **Hips level with shoulders**
- **Brace belly**

Layer 3

- Like a wave through the body

CROCODILE POSE

Layer 1

- Exhale, knees down, Crocodile Pose
- On knees or toes

BABY COBRA POSE / UP DOG

Layer 1

- Inhale, Baby Cobra Pose
- **Squeeze glutes**
- Elbows back
- Pregnancy option: Cow Pose
- Option to do Up Dog

KNEELING LUNGE TWIST

Layer 1

- Inhale, front foot to Kneeling Lunge
- Exhale, twist to front
- Option to keep the back knee off the floor

Layer 3

- Power through the back leg
- Unravel away from the front

FORWARD FOLD

Layer 1

- Forward Fold
- **Bend knees, lift belly**



02A. FOR WHATEVER IT'S WORTH 4:02mins

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 Baby 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.



02B. SUN SALUTATIONS



TRACK FOCUS

Focus on alignment and breath to enhance the Yin meditative feel of the Moon Salutations.

MUSIC				SEQUENCE/EXERCISE	CTS
0:01	Intro / by the way	2x8	A	Inhale/Exhale – Chest Stretch, facing front	16
0:10	By the way	30x8	B	Moon Salutations Sequence L	
				Inhale – Extended Mountain Pose	8
				Exhale – Hands to heart center, palms together	8
				Inhale/Exhale – Side Bend R	16
				Inhale/Exhale – Side Bend L	16
0:36	_ I don't know why			Inhale/Exhale – Wide Squat, arms wide, elbows bent, palms facing front	16
				Inhale/Exhale – Triangle Pose L	16
				Inhale/Exhale – Kneeling Lunge L, turn to L side, arms down, R knee lands, arms O/H	16
				⬆ Baby Back Bend	
				Inhale/Exhale – Pyramid L, hands to floor	16
				Inhale/Exhale – Side Crouching Lunge L, turn to front, hands inside L foot on floor, L knee bent, R leg straight, hips lower	16
				Inhale/Exhale – Side Crouching Lunge R, facing F, walk hands to inside of R foot, R knee bends, L leg straight	16
				Inhale/Exhale – Kneeling Lunge R, turn to R side, arms down, L knee lands, arms O/H	16
				⬆ Baby Back Bend	
				Inhale/Exhale – Pyramid Pose R, hands to floor	16
				Inhale/Exhale – Triangle Pose R, facing front	16
				Inhale – Wide Squat, facing F, arms O/H	8
				Exhale – Arms wide, elbows bent	8
				Inhale/Exhale – Side Bend L, step R foot in, arms O/H, palms press together	16
				Inhale/Exhale – Side Bend R	16
2:20	Stay with you	28x8	A	Repeat Moon Salutations Sequence R	
				Note: Last Side Bends – 8cts each	
				On last 2cts, hands to heart center	



02B. PHYSICAL IN MY BEDROOM 4:27mins

TECHNIQUE AND COACHING

WIDE SQUAT

Layer 1

- Inhale, step your feet into a Wide Squat
- Exhale, elbows pull wide
- Chest opens
- Take a Wide Squat again

Layer 3

- Inhale to lengthen, exhale for strength
- Open your heart space even wider
- Draw energy inside of you

TRIANGLE POSE

Layer 1

- Turn your right foot to the side
- Inhale, reach, lower hand to shin
- Exhale, upper shoulder rolls back

Layer 3

- Make your legs super strong as you rise to Triangle Pose

KNEELING LUNGE

Layer 1

- Kneeling Lunge
- Turn to the left side
- Inhale, lower knee
- Exhale, lift arms over head

Layer 3

- Breathe into your front hip
- Open through the heart space and feel the energy that's in this room right now

PYRAMID POSE

Layer 1

- Lower hands to the floor
- Inhale, back foot grounds down
- Exhale, chest on thighs

Layer 3

- Exhale, relax and enjoy
- Melting your body over your leg

SIDE CROUCHING LUNGE

Layer 1

- Side Crouching Lunge
- Turn to face front
- Inhale, push your right knee out
- Exhale, hips lower
- Walk hands to the other side

Layer 3

- Both heels stay grounded
- Take a deep breath in, lengthen from the crown of your head to your tail bone

ESSENCE TIPS

The Moon Salutations Sequence adds a new feel of Yoga flow as we explore some deep stretches. The contrasts in the music take us on a journey of calmness and vitality.

When the flow starts, focus on the Must-Do cues so everyone can follow easily for the first round. Clear Layer 1 cues (Name of Pose, Alignment, Body Part and Direction (BPD)) helps everyone achieve the sequence. On the second round, add the link to the breathing pattern.

While the Moon Salutations focus on calming the body, Sun Salutations help to energize the body and mind. Sun Salutations are said to be a Yang practice, related to activity, heat and light. Moon Salutations are associated with a Yin practice – receptive, meditative and cooling.

Therefore, our objective in the Moon Salutations is to help participants immerse themselves in their Yin experience. What helps this experience is to only say what is needed to encourage seamless transitions from one pose to the next.



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 /	2x8		Inhale/Exhale – Mountain Pose , facing front Inhale/Exhale – Set up Triangle Pose	8 8
0:15	V1 / young boy	8x8	A	Triangle Sequence L Inhale/Exhale – Triangle Pose L Inhale/Exhale – Sun Warrior Pose L Inhale/Exhale – Triangle Pose L ⬆ Reach R arm B	 32 16 16
1:13	Instr /	2½x8	B	Inhale/Exhale – Wide Squat , arms O/H Inhale – Arms lower, elbows bend, fists clenched Exhale – Arms rise to O/H, palms open	4 8 8
1:31	V2 / when you can	8x8	A	Repeat Triangle Sequence R	64
2:29	C / something _	4x8	B¹	Inhale/Exhale – Wide Squat , arms O/H Inhale – Arms lower, elbows bend, fists clenched Exhale – Arms rise to O/H, palms open	4 12 16



03A. DREAMER 3:00mins

TECHNIQUE AND COACHING

TRIANGLE SEQUENCE

Layer 1

- Take your feet outside hip-width
- Turn right foot to the top of the mat
- Float your arms out wide
- Triangle Pose – inhale and reach out to lengthen the spine
- Exhale, tip forward from the hip
- Land either on your shin, or ankle
- Micro Knee Bend to take pressure out of the hamstrings
- Inhale, Sun Warrior
- Deep Knee Bend over ankle
- Exhale, C-shape your spine
- Breathe and come back to Triangle Pose
- Top arm opens to the back of the room

Layer 3

- Ground down through your feet and empower your whole body
- Exhale, find the length in the side body
- Feel the length from hips to fingertips

WIDE SQUAT

Layer 1

- Bend your right knee
- Rising all the way up
- Let's take a Wide Squat
- Draw the elbows into the side body

Layer 3

- Feel incredibly strong and powerful
- Like the sun, we rise and radiate

ESSENCE TIPS

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

Integrate your Alignment and Breath cues with simple coaching. We start the sequence by setting up the Triangle Pose – coach the foundation of the lower body and the opening in the chest. Flow to Sun Warrior, encouraging participants to feel the opening of the side of the body with strong legs. Back to Triangle Pose, invite members to open and extend more. Finally, reach up in a Squat, using your arms to open the chest and explore the back squeeze and strengthening in the lower body through the breath.



03B. STANDING STRENGTH



TRACK FOCUS

Build power and energy through the whole body.

MUSIC				SEQUENCE/EXERCISE	CTS
0:02	C / onto pieces	4x8	A	Inhale/Exhale – Warrior 1 L, facing L, hands to hips	32
0:20	V1 / been counting stars	6x8	A ¹	Standing Strength Sequence L Inhale/Exhale – Warrior 1 with Eagle Arms L (L arm under) ⬇️ Palms and elbows press together Inhale/Exhale – Elbows lift	32 16
0:47	C / onto pieces	8½x8	A ²	Inhale/Exhale – Extended Warrior 1 with Eagle Arms L Inhale/Exhale – Warrior 3 L, arms wide	32 36
1:25	V2 / waking up	14x8	A ¹ –A ²	Repeat Standing Strength Sequence R	112
2:29	Br / _ I tried to	4x8	B	Inhale/Exhale – Wide Squat , arms O/H ⬆️ Lift heels	32
2:46	C / onto pieces	8x8	B ¹	4x Wide Squat with Arm Pull (fast) Exhale – Arms pull down , elbows bend, fists clenched Inhale – Arms lift to O/H , palms open	8 8
3:22	Outro /	4x8	B ²	Wide Squat with Arm Pull (slow) Exhale – Arms pull down , elbows bend, fists clenched Inhale – Arms lift to O/H , palms open	16 16



03B. LITTLE BIT OF LOVE 3:45mins

TECHNIQUE AND COACHING

WARRIOR 1 WITH EAGLE ARMS

Layer 1

- Warrior 1 to the right side
- Take the feet outside hip-width
- Inhale, turn the toes to the right side
- Exhale, back foot grounded
- Hips square to the side of the room
- If your hips aren't square today, go wider with the feet or step a little bit shorter
- Deep Knee Bend in the front leg, belly draws in
- Eagle Arms
- Back arms wraps under
- If this position is too strong, press elbows together
- Inhale, press forearms to the ceiling
- Inhale, and as you exhale, extended Warrior 1

Layer 3

- Inhale, exhaling to find depth in the legs
- Squeeze butt and back leg
- Feel the opening the upper back
- We are pressing from the back heel to the hip, hip to torso, torso to elbow and elbow to fingertips
- As you exhale, feel the strength in your legs today
- Draw the power and strength into your core

WARRIOR 3

Layer 1

- Shift weight into front foot for Warrior 3
- Uncurl the arms
- **Squeeze butt**
- Bend standing leg a lot

Layer 3

- On the next exhale, lift the back leg high
- Feel the beauty of this pose

WIDE SQUAT WITH ARM PULL

Layer 1

- Turn to us for a Wide Squat
- Hips low
- Arm reaches up
- For an extra challenge, heels lift if it feels good
- Arms pull down and lift
- Land heels, pull down slowly
- Rise slowly

Layer 3

- Feel the resistance
- Serious heat in the body now
- Let's dive deeper
- Let your breath move you
- How powerful do you feel in this moment? Embrace it

ESSENCE TIPS

The most powerful music matches the powerful foundations of these big traditional standing poses (Warrior 1 and Warrior 3), developing incredible leg and core strength, along with mobility in the hips and shoulders.

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

When we give this follow-up coaching, our members 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.

Coach the options of taking feet outside hip-width in the Warrior 1, or shortening their stance to help achieve hip alignment (square to the side). Also, coaching the option in the Eagle Arms of bringing elbows together will enable everyone to feel successful.



04. BALANCE



TRACK FOCUS

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

MUSIC			SEQUENCE/EXERCISE		CTS
0:01	Intro / Can anybody	3x8		Inhale/Exhale – Intense Pose , facing front	24
0:20	V1 / (Piano)	3x8	A	Inhale/Exhale – Extended Mountain Pose , palms facing	8
0:27	Each morning			Inhale/Exhale – Heels Lift	16
0:40	V1 / I've spent all my	3½x8	B	Inhale/Exhale – Intense Pose with Heel Lift	8
				Inhale/Exhale – Divers Pose , arms sweep F, down to B	20
1:03	I work hard	5¼x8	C	Inhale/Exhale – Dancers Pose L, facing L	42
1:37	He works hard	5¾x8	C	Inhale/Exhale – Dancers Pose R, facing R	46
2:15	Instr / (Higher electric guitar)	3½x8		Inhale – Extended Mountain Pose with Heel Lift , facing front, arms O/H, palms facing	8
				Exhale – Intense Pose with Heel Lift	4
	C / Somebody			Inhale/Exhale – Divers Pose	16
2:38	V / Got no feel	12x8	D	3x Star Pose L&R	
				Inhale/Exhale – Star Pose L	16
				Inhale/Exhale – Star Pose R	16
				⬆ Feet together, with Heel Lift as you switch sides	
3:53	C / looooove	8¾x8	B	Inhale – Extended Mountain Pose with Heel Lift , facing front, arms O/H, palms facing	6
				Exhale – Intense Pose with Heel Lift	8
				Inhale/Exhale – Divers Pose	8
				Inhale/Exhale – Intense Pose with Heel Lift	8
				⬇ Intense Pose	
				Inhale/Exhale – Extended Mountain Pose with Heel Lift	8
				Inhale/Exhale – Intense Pose with Heel Lift	8
				Inhale/Exhale – Divers Pose	8
				Inhale/Exhale – Intense Pose with Heel Lift	8
				Inhale/Exhale – Extended Mountain Pose with Heel Lift	8
				Lower arms and heels to finish	



04. SOMEBODY TO LOVE 4:56mins

TECHNIQUE AND COACHING

INTENSE POSE

Layer 1

- Inhale for Intense Pose
- Hips sit back and down
- Exhale, core engages
- Tail bone tucks under

EXTENDED MOUNTAIN POSE WITH HEEL LIFT SEQUENCE

Layer 1

- Take an inhale, extend your Mountain Pose
- Lift heels and rise
- **Squeeze glutes** and quads
- Intense Pose with heels lifted
- Divers Pose
- Tip forward from the hips
- Arms go back
- **Belly lifts strongly**

Layer 3

- Allow your heart to open
- Feel the strength and stability travel up the body
- Stay on your toes for more of a challenge

DANCERS POSE

Layer 1

- Soft knees to land
- Dancers Pose
- Right hand inside right foot
- Left arm forward
- Inhale, knees together
- Exhale, kick the foot into the hand
- Touch down anytime you need to
- Other side for Dancers Pose
- Thumb to big toe
- Steady your breath
- Kick the foot into the hand
- Keep the chest lifted
- Square the hips to the front

Layer 3

- Bend the standing leg to stabilize the body
- Feel the power and energy circling into the back body
- Exhale and let the love radiate out of your heart
- Find your Drishti – your focal point – to feel the edge of your pose

STAR POSE

Layer 1

- Right foot to the corner of the room
- Inhale, open your arms and lift your back leg
- Squeeze glutes
- Exhale, square hips to the front
- Feet together. Option to lift heels
- Star Pose to the other side

Layer 3

- Exhale from your heart center all the way to your fingertips
- If you feel like a falling star, you can always touch down
- It's like looking at a starry sky – wonderful work everyone



04. SOMEBODY TO LOVE 4:56mins

TECHNIQUE AND COACHING

ESSENCE TIPS

This track features a BIG song with lots of opportunities for performance (music, voice, expression). What themes come to mind when you listen to the music and practice the choreography? Use your themes and channel your emotions to be authentically you.

Simple Layer 1 coaching of naming the pose, Alignment cues and Breath cues at the start of each sequence is crucial for the participants' success. The objective is for them 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. And in this track, we hold a little longer!

Lastly, find and make the most of opportunities for the song to shine, such as the big guitar riffs and high notes. You can also use the spaces between cues to tune into the music. Be free, be playful... and shine, shine, shine!



05. HIP OPENERS



TRACK FOCUS

Breath and acceptance to sustain the poses.

MUSIC			SEQUENCE/EXERCISE		CTS
0:00	Intro /	½x8		Set up 90/90 Pose, facing L	4
0:04	Instr / (beat)	10x8	A	90/90 Sequence L Inhale/Exhale – 90/90 Pose L , facing L Inhale/Exhale – Chest F over L thigh (B leg) ↴ 90/90 L Inhale/Exhale – Chest F over L foot (front diagonal)	16 32 32
1:12	C / being honest	8x8	B	Swan Pose Sequence L Inhale/Exhale – Swan Pose L , facing L Inhale/Exhale – Swan Pose with Quad Stretch L ↴ Swan Pose L ↴ 90/90 with Quad Stretch L ⬆ Mermaid Pose L Inhale/Exhale – Extended Swan Pose with Quad Stretch	8 24 32
2:07	PC / know you got	6x8	C	Modified Half Lotus Sequence L Inhale/Exhale – Modified Half Lotus L , facing L diagonal, fingers on floor at sides Inhale/Exhale – Fold chest F over R knee , towards front Pregnancy / ↴ Torso turns to front, chest stays lifted	16 32
2:48	C / being honest (Higher)	6x8	C¹	Inhale/Exhale – Walk hands towards B, fold chest over L knee Pregnancy / ↴ Torso turns towards B, chest stays lifted Inhale/Exhale – Extended Modified Half Lotus L , arms or hands F on floor	32 16
3:29	Instr /	½x8		Turn to other side, set up 90/90 Sequence	4
3:33	(Beat)	10x8	A	Repeat 90/90 Sequence R	80
4:41	C / being honest	8x8	B	Repeat Swan Pose Sequence R	64
5:36	PC / know you got	12x8	C–C¹	Repeat Modified Half Lotus Sequence R	96

SMARTSTART

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



05. BURNING DESIRES 7:02mins

TECHNIQUE AND COACHING

90/90 SEQUENCE

Layer 1

- Sit down on the floor
- 90/90 Pose
- Back thigh in line with the back of the mat
- Flex the foot
- Knee in line with ankle
- Back knee in line with hip
- Take a breath and weight the stretch as you come forward over your thigh
- Inhale, shift your body over the front foot
- Draw the belly in as you exhale and fold down

Layer 3

- Feel how the sensations become deeper with each breath
- Feel your body soften

SWAN POSE SEQUENCE

Layer 1

- Heel to groin for Swan Pose
- Extend the back leg long
- Roll the hip forward towards the heel
- Inhale, set up for Quad or Mermaid Stretch
- Reach back and grab your foot
- If you're doing the Mermaid Stretch, bring the foot into the elbow crease and link the fingers together
- Square your body to the side wall
- Extend forward

Layer 3

- If you are uncomfortable, let go of your foot at any time

MODIFIED HALF LOTUS SEQUENCE

Layer 1

- Modified Half Lotus
- Swing the back leg around
- We have 3 positions: crossed legs in front, foot on the shin, or on the knee
- Lift your butt up and sit upright
- Inhale, **draw the belly in** and come forward over the front knee
- Over to the back knee
- Now move to the center

Layer 3

- When you exhale, try and bring your chest close to the thigh
- Notice how your hips respond when you shift through the stretches

ESSENCE TIPS

We always welcome and love a longer Hip Openers track!

The sides of the body are different from each other and everyone's responses to the poses are different from day-to-day. Making your participants aware of this by offering variations and encouraging exploration helps them to dive into the poses with confidence. Let's help move our classes to this place of acceptance; it's all about the attitude we bring to teach this Hip Openers track.

Coaching clear set-ups along with options creates the foundation for exploring the poses. Once participants look comfortable, encourage shifting the body weight to discover new sensations. And finally, staying in the poses longer allows us to encourage participants to listen to their bodies and help them to use their breath to release the tension.

Give everyone 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, members have control over their workout – this is empowering for their experience of the class.



06. CORE – ABDOMINALS



TRACK FOCUS

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

MUSIC			SEQUENCE/EXERCISE		CTS
0:01	V1 / come over	4x8		Inhale/Exhale – Lie supine, knees bent, feet on floor, facing L ↓ Pregnancy: On elbows	32
0:18	PC / All I know	6x8		Inhale/Exhale – Knees over hips ↓ Pregnancy: On elbows	48
0:43	C / your world	4x8	A	8x Alt Toe Tap L&R (2cts R, 2cts L) ↓ Pregnancy: On elbows, Alt Toe Tap	4
1:00	Instr / your world	4x8	A ¹	8x Double Toe Tap	
				Inhale – Toes tap to floor , knees bent	2
				Exhale – Knees over hips ↓ Pregnancy: On elbows, Double Toe Tap, knees wide	2
1:16	V2 / for no one	4x8	B	Inhale/Exhale – Legs extend to 45° ↓ Pregnancy: Legs extended on floor with slight knee bend, knees wide, feet together ↓ Legs higher	32
1:33	PC / All I know	6x8	C	3x C-Crunch (slow)	
				Inhale – C-Crunch , knees bent, fingertips to temples, crunch in	8
				Exhale – Legs extend to 45° , upper body lowers ↓ Pregnancy: Toes slide towards body along floor, knees wide – 8cts, legs extend, toes on floor – 8cts	8
1:59	C / your world	4x8	C ¹	4x C-Crunch (fast)	
				Inhale – C-Crunch , knees bent, fingertips to temples, crunch in	4
				Exhale – Legs extend to 45° , upper body lowers ↓ Pregnancy: Toes slide along floor towards body, knees wide – 4cts, legs extend, toes on floor – 4 counts	4
2:16	Outro / your world	9x8	B	8x Triple Pulse Crunch, Shoot Out	
				Inhale – Triple Pulse C-Crunch	6
				Exhale – Legs extend to 45° , upper body lowers Last rep: Hold legs extended for an extra 8 counts	2



06. CITIES 3:00mins

TECHNIQUE AND COACHING

ALTERNATING / DOUBLE TOE TAP

Layer 1

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

Layer 3

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

C-CRUNCH, LEGS EXTEND SHOOTOUT

Layer 1

- Triple Pulse C-Crunch
- Knees over hips
- Reach towards feet as you crunch
- Extend 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 as you extend

ESSENCE TIPS

This is a super short but intense Core – Abdominals track! In this release, we wanted to focus on great awareness of the stability of the mid-section.

There is enough time at the beginning to adjust the hips – feel a neutral and stable spine before we start moving.

The workout is based on the lower and central area of the abs, with a final challenge of Pulses that will bring more heat in the mid-section. Make sure your participants understand the 3 B's (Belly, Back and Breath) in each exercise so they can execute it safely.

The music is playful and generates good energy at the end of the track. Use this moment to challenge the participants to go further, as high as they can. It's not forever, just a few reps!

Remember to offer all the pregnancy options if necessary, adapting the 3 sequences to their specific needs.



07. CORE – BACK



TRACK FOCUS

Activate opening and strengthening in the back body.

MUSIC			SEQUENCE/EXERCISE		CTS
0:01	V1 / You wanna	1x8	Kneeling, facing R side, toes tucked under		8
0:05	You wanna	2½x8 A	Inhale/Exhale – Waiters Bow , tip forward from hips, torso F to 45°, hands to hips		8
			Inhale/Exhale – Arms O/H , palms facing		12
0:16	You tick	5½x8 A¹	5½x Shoulder Shrug		
			Inhale – Shoulder Shrug		4
			Exhale – Slide shoulders down , arms open slightly wider		4
0:44	PC / we'll be everything (Faster beat)	9x8 B	Inhale/Exhale – Diagonal Pointer R, L leg and R arm extend to 45° (front leg, B arm)		8
		B¹	8x Double Pulse with Side Crunch		
			Inhale/Exhale – 2x Pulse, extended arm and leg		4
			Inhale – Side Crunch R, L knee bends towards L elbow, pull R arm in, elbow bent		2
			Exhale – Diagonal Pointer R, extend L leg, R arm to 45°		2
1:27	(Quiet) / _ we used to	2½x8 C	Inhale/Exhale – Plank Pose		20
			Pregnancy / ⬇ On knees		
1:39	We used to be	8x8 C¹	2x Bear Pose, Scorpion Pose, Plank Sequence L&R		
			Inhale – Bear Pose		4
			Exhale – Scorpion Leg L, L leg lifts, knee bent, heel flexed up		4
			Inhale – Bear Pose		4
			Exhale – Plank Pose		4
			Pregnancy / ⬇ On knees throughout		
			Repeat to R		16
			On the last 2cts, land knees in Plank, set up Diagonal Pointer L		
2:18	C / you wanted _	8x8 B¹	Repeat 8x Double Pulse with Side Crunch L		64
2:57	Outro /	1½x8	Inhale/Exhale – Childs Pose		12



07. MACHINE 3:04mins

TECHNIQUE AND COACHING

WAITERS BOW WITH SHOULDER SHRUG

Layer 1

- Come over to all fours
- Knees hip-width apart
- Tuck toes under
- Hip hinge forward
- **Brace core, lift chest**
- Lift arms up
- Stay here
- Shoulders Shrug up
- And down, shoulders away from ears

Layer 3

- As you lower, squeeze shoulder blades together
- This move will give us strong, stable and injury-free shoulders

DIAGONAL POINTER

Layer 1

- Hands to floor, shoulder-width apart
- Front leg out on the diagonal
- Back arm on the diagonal
- Double pulse the leg
- Knee and arm to ribs – in and out
- **Brace cores to stabilize body**

Layer 3

- Press the bottom hand strongly into the floor

BEAR POSE, SCORPION LEG, PLANK SEQUENCE

Layer 1

- Come up to a Plank, on knees or toes
- **Brace abs, back long and straight**
- Pull back to Bear Pose
- Knees under hips
- Scorpion Pose, heel to ceiling
- Come forward to a Plank

Layer 3

- We are all about getting stronger
- Breathe with your movements

ESSENCE TIPS

The Core – Back track is fast-paced, dynamic and feels really powerful. We have a new feel with Shoulder Shrugs – the shoulder comprises the collarbone (clavicle), shoulder blade (scapula), and upper-arm bone (humerus), which is a very mobile joint but one with little stability that's commonly neglected.

Many of us have developed habits that result in the improper use of our backs. Consequently, especially in Yoga, it is important to bring attention to these areas on a regular basis. Shoulder Shrugs, which are a vital part of Yoga, are so good for shoulder, back and neck health.

If you concentrate on bringing the shoulder blades together as you lower the arms, then you really feel the work in your upper back, especially in between the shoulder blades. Plus, you are working on several other components at the same time – like maintaining a neutral spine and a strong belly to support you in the position.

This move combines well with bending the elbow in Pointer, as the aim is to also work on bringing the shoulder blades in towards the spine as you move, while maintaining a strong core and a stable body. Then, you also have the work in the Plank as well, for which shoulder and core stability is again essential.

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. Always 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
0:05	Intro / (Beat)	4x8	A Lie supine, facing L A ¹ Inhale/Exhale – Hug knees to chest , rolling from side to side Inhale/Exhale – L leg wraps over R leg, arms wide on floor ↴ Knees stacked ↴ Pregnancy: On elbows	24 8
0:23	V1 / _ I wish	8x8	A ² 2x Flowing Supine Twist L Inhale – Drop knees to B Exhale – Lift knees, drop to front	16 16
1:01	C / _ Right here	4x8	B Inhale/Exhale – Spiral Twist L, L arm over to front, push into hands up to sitting, L arm O/H	32
1:19	Instr /	1x8	A ¹ Lower hips, lie supine, R leg over L leg	8
1:24	V2 / _ You put it	8x8	A ² Repeat Flowing Supine Twist R, rolling to F first	64
2:01	C / _ Right here	4x8	B Repeat Spiral Twist R, facing B	32
2:20	_ Right here	2x8	C Inhale/Exhale – R hand lands next to L hand, turn body to front Inhale/Exhale – Forward Fold , facing front	8 8
2:29	_ I’m thinking	2x8	D Inhale/Exhale – Flat Back Extend	16
2:38	Br / gold _	6x8	E Eagle Pose with Twist L Inhale/Exhale – Eagle Legs , L leg over R, L toes on floor or lifted Inhale/Exhale – R arm over L leg, chest turns and arms open to L	16 32
3:06	C / _ Right here	5x8	E Repeat Eagle Pose with Twist R Finish in Forward Fold	40



08. PHYSICAL GOLD 3:32mins

TECHNIQUE AND COACHING

FLOWING SUPINE TWIST

Layer 1

- Roll over onto your back
- Hug knees to chest
- Inhale, front leg crosses over the back leg
- Exhale, drop knees to back
- Repeat again
- Shoulder blades down to the floor

Layer 3

- Make this hug feel good
- We are going to make this track flow
- On the out-breath, let your spine unravel

SPIRAL TWIST

Layer 1

- Spiral Twist
- Back arm comes forward
- Hand under shoulder
- **Squeeze butt** and lift hips
- Chin tucked in
- Open the top arm

Layer 3

- Squeeze the glutes more to open hips
- Expand the chest and heart center even more

EAGLE POSE WITH TWIST

Layer 1

- Turn to face front
- Hands on floor
- Forward Fold
- Bend knees, lift belly
- Hands on knees
- Flat Back Extend
- Roll up
- Eagle Pose Twist
- Right leg over left
- Hips sit back
- Opposite arm over knee
- Change to the other side
- Bend knees and finish in Forward Fold

Layer 3

- Use the breath as you move
- For more of a challenge, foot off floor
- Use the hand to lever your upper body in the Twist
- How good does it feel?
- Finding more length through the fingers



08. PHYSICAL GOLD 3:32mins

TECHNIQUE AND COACHING

ESSENCE TIPS

The wonderful, calm beginning in this track is a moment for your participants to unwind and check in with their bodies – how do they feel?

We start with a beautiful, relaxing flow in a Lying Twist. Starting with a strong base (anchoring the shoulder blades down) in combination with the Eagle Legs allows your participants to get deeper into this Twist as the lower body sinks towards the floor. We enhance the flowing feel of this sequence as we connect the breath to movement and music.

The Spiral Twist brings a strong and grounding feel. Help your participants to be aware of the duality of energy in the back body, while lengthening the front body. When we encourage our members to bring the top arm even further back, they will experience an even greater Twist as they allow their body to open up even more.

The Forward Fold feels incredibly liberating after these Twists. We gradually come up to a Flat Back Extend, bringing more power in the back before we finish off with a standing sequence of Eagle Legs in Twist, challenging their balance, with the option to keep the foot lifted.

Make your participants aware that when they use their bottom arm as a lever, they will have the strong feel of support helping them twist even further. We complete the sequence with a Forward Fold, bringing the focus inwards.



09A. FORWARD BENDS / HAMSTRINGS



TRACK FOCUS

Length and opening into the side body, hamstrings and psoas.

MUSIC			SEQUENCE/EXERCISE		CTS
0:00	Intro /	2x8	A	Inhale/Exhale – Forward Fold , step to face R side, feet hip-width apart	16
0:14	V1 / I don’t do	2x8	B	Inhale/Exhale – Flat Back Extend	16
0:27	Could it be more	4x8	A	Inhale/Exhale – Forward Fold	16
			A ¹	Inhale/Exhale – Wrap arms around legs ↓ Hands to floor	16
0:55	C / Hey boy	6x8	C	90/90 Psoas Lunge R	
				Inhale/Exhale – Kneeling 90/90 Lunge R (front leg B)	8
				Inhale – Arms O/H, R hand holds L wrist	8
				Exhale – Side Bend R	16
				Inhale/Exhale – 90/90 Psoas Lunge , lift L knee off floor	16
				↓ Kneeling 90/90 Lunge R	
1:36	Instr /	2x8	A	Inhale/Exhale – Forward Fold	16
1:50	V2 / I’m bad at pretending	2x8	B	Inhale/Exhale – Flat Back Extend	16
2:03	Stole your sweater	4x8	A–A ¹	Repeat Forward Fold, wrap arms	32
2:31	C / Hey boy	6x8	C	Repeat 90/90 Psoas Lunge L	48
3:12	Outro /	3x8	A	Inhale/Exhale – Forward Fold	24



09A. MILLION DAYS (ACOUSTIC) 3:32mins

TECHNIQUE AND COACHING

FORWARD FOLD – FLAT BACK EXTEND

Layer 1

- Stay in Forward Fold
- Turn side-on
- Feet under hips
- **Bend knees, lift belly**
- Flat Back Extend
- Inhale, hands to shins
- Chin tucked in
- Back to Forward Fold
- You may want to hug the legs

Layer 3

- As you exhale, bring shoulders down away from ears
- Drape the body over the legs
- Find the deeper stretch into the hamstrings
- How much release can you get in the whole upper back?

90/90 PSOAS LUNGE

Layer 1

- Front leg takes a long step back
- Knee over ankle
- Tuck the tail bone under, **squeeze glutes**
- Grab wrist
- Full inhale, exhale, Side Bend
- Option to lift the back knee
- Keep the tail bone tucked under

Layer 3

- Target the deep Psoas Stretch
- On every inhale, find more length
- On every exhale, ground your roots to the floor
- Exploring the Side Bend as you breathe into the psoas

ESSENCE TIPS

This track provides an opportunity to stretch deeply into the psoas and hamstrings.

Coach to bending knees, lifting belly in the forward flexion and full length of spine and tail bone as we extend our spine. There is also an opportunity to hug legs for a deeper stretch.

Big Psoas Stretches require precise coaching of alignment – ankle knee alignment in the front knee and knee hip alignment in back knee. Coach breathing as you execute the pose. Tuck the tail bone under to hold the position of the pelvis, with knee on or off the floor as you do the Side Bend.

Less is more here as the music is strong and powerful; you want participants to immerse themselves in the music and breath to feel the deep stretches.



09B. FORWARD BENDS / HAMSTRINGS



TRACK FOCUS

Lengthening and opening into the side body and hamstrings.

MUSIC			SEQUENCE/EXERCISE		CTS
0:00	Intro /	3½x8	A	Inhale/Exhale – Forward Fold , facing R	24
0:27	(Cymbal-like sound)	8x8	B	Inhale/Exhale – Hindi Squat , facing front ↓ Sumo Squat	64
1:22	(Quiet, faster beat)	2x8		Sit, turn to L, lie supine	16
1:36	(Louder piano)	4x8	C	Inhale/Exhale – Adductor Stretch ↓ Knees bent	32
2:03	(Quiet)	5x8	D	Inhale/Exhale – Happy Baby Pose	40



09B. COMMENCE 2:30mins

TECHNIQUE AND COACHING

FORWARD FOLD

Layer 1

- Stay in Forward Fold, tuck chin in
- Look towards your knees
- Lengthen the back of neck
- Roll up to standing

Layer 3

- Allow the weight of your upper body deepen the stretch in the hamstrings

HINDI SQUAT

Layer 1

- Hindi Squat
- Face the front
- Feet outside hip-width
- Hips back and down for Sumo Squat
- Drop hips for Hindi Squat
- Hands into heart center
- Elbows gently pressing into knees

Layer 3

- Your Squat can be fluid; you can move side to side
- Move through the upper body when you want to, feeling the extension of the spine
- Inhale, squeeze between your shoulder blades
- Exhale, feel gravity pull your tail bone down to stretch your lower back

ADDUCTOR STRETCH

Layer 1

- Roll down onto your back
- Knees bent or open legs wide
- Support your back, front of legs or Peace
Fingers to big toes
- Tail bone extends long on the mat

HAPPY BABY POSE

Layer 1

- Final pose, Happy Baby
- Bend knees
- Grab ankles – inside, or outside edges of the feet

Layer 3

- Take a beautiful, nourishing breath in and as you exhale, you may want to close your eyes

ESSENCE TIPS

The final working track gives you an opportunity to further open the hips and adductor muscles before the surrender of the Relaxation/Meditation track. Encourage gentle, dynamic movement in the Hindi Squat so participants can feel the release where they need it the most. Embrace unity by breathing as one before coming down to the mat for the Adductor Stretch.

Less is more as members begin the transition inward for the Meditation track. Give them the space to immerse themselves in this beautiful piece of music and feel the energy of love and acceptance in the room. Beautiful!



10. RELAXATION / MEDITATION

IN LIEU OF WORDS 5:57mins



TRACK FOCUS

Create a breathing practice.

Let's just stay in our Happy Baby. You might want to do a gentle rock. Just take a moment right now to appreciate your body and everything it does for you. Take a deep breath into your heart space, then on the exhalation, just let your legs come in. Grab the back of the knees; let's take a little counter pose. So, bend your front leg, straighten your back leg, fingers to the side wall, and then squeeze your butt, lift your hips up. Big, beautiful breath. And then just tuck your chin in as you come all the way down; we'll just do one more on the other side. Just a final extension, counter pose for all the Forward Folds. Tuck your chin in – now let's get ready for our Relaxation and Meditation.

So, find where you want to be. Take in some water, if you want more clothing. You might be seated or lying, let's find our base. And just move around as you need to, making any adjustments. And I really encourage you to have your palms up so that your shoulders can open. And of course, your heart can lead you in this Meditation today. And when you're ready, close your eyes, and really letting your eyes rest. Contacting the breath, just your natural breath, is completely perfect right now. And use your breath to fill your body with all the sensations of the last 45 minutes that we've experienced together. Feel how open your body is; feel the warmth but mostly feel the connection.

Through the power of the music, people and breath we come together. Just soak up everything that you have just experienced, so you create like a little memory that you can go back to any time. Just stay with your breath, stay with the sensations in your body, and stay deeply connected. Stay with this incredible piece of music; allow it to take you to your happy place. And when you're ready, we're going to bring ourselves back. So, just take a full-body stretch, or hug in – do what you need to do. Rolling to the right-hand side, and just coming up to a seated position when you're ready. Let's just bring our hands into our heart space. Just feel the power, the people and the breath, and this beautiful experience we have created here together today. Thank you so so much for joining us. BODYBALANCE 99. From our hearts to yours, namaste.



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 /	4x8	Set up Wide Wu Chi, facing front	32
0:28	V1 / When you can't feel	4x8	A 1x Half Arm Circle, Soft Block (slow) L&R Inhale – Arms circle to L to O/H Exhale – Soft Block to front Repeat to R	8 8 16
0:47	Too many	4x8	A ¹ 2x Half Arm Circle, Soft Block (fast) L&R Inhale – Arms circle to L to O/H Exhale – Soft Block to front Repeat to R On the last 2cts, step L foot into Narrow Wu Chi	4 4 8
1:09	C / Everything I do	4x8	B 4x Breath Swing with Palm Press Inhale – Palm Press O/H ⬆ Heel Lift Exhale – Breath Swing On the last 2cts, step to Wide Wu Chi	4 4
1:30	V2 / Feeling all	12x8	C 6x Tai Chi Circling with Double Push Low Inhale – Tai Chi Circling to L Exhale – Palm Press to low L diagonal, up to shoulder height Repeat to R After 4 reps (L&R), bottom arm in Tai Chi Circling sweeps low towards floor	4 4 8
2:34	V3 / Kiss me	4x8	A ² 2x Half Arm Circle with Forward Fold R&L Inhale – Arms Circle to R to O/H Exhale – Forward Fold F , palms F, elbows bent, hands to floor Repeat to L	4 4 8
2:55	C / Everything I do	8x8	B Repeat 8x Breath Swing with Palm Press	64
3:38	Outro /	8x8	C Repeat 4x Tai Chi Circling with Double Push Low L&R	64



BONUS

01. I DO 4:23mins

TECHNIQUE AND COACHING

HALF ARM CIRCLE, SOFT BLOCK

Layer 1

- Wide Wu Chi position
- Feet outside hip-width, open knees out
- Tuck tail bone under, spine long, belly lifted
- Take a deep inhale, and as you exhale, let's ground down
- Be here in this space together
- Slow Circle to the right side
- Lift all the way up
- Soft Block coming down
- Inhale as you circle up
- Exhale, tuck tail bone under
- A little faster now
- This time – circle up, roll down and lift belly

Layer 3

- Soften elbows and hands
- We are rising and falling down
- Sink down into your hips
- How good does it feel in your body right now?

BREATH SWINGS WITH PALM PRESS

Layer 1

- New move, step your right foot in
- Press up to the ceiling
- Bend knees, swing down
- Lift heels if that feels good
- Lots of knee bend
- **Lift belly high**

Layer 3

- Lots of breath
- Lifting skyward
- Squeeze back body to energize
- We are long, strong and we are free

TAI CHI CIRCLING WITH DOUBLE PUSH LOW

Layer 1

- Slow Circle and Double Push Low
- Again, other side
- Breathe in through your nose, breathing out through your nose
- Let's move with power
- Bend knees more
- Press powerfully
- Bring the hand down low and feel your breath

Layer 3

- Staying low in your legs
- Roll the shoulders back as you push low
- Arms are light, fingers soft
- Focus and find your path to being present
- We have a beautiful journey ahead – enjoy it

ESSENCE TIPS

This is a soulful, warming and energizing Tai Chi experience to prepare for the journey ahead. Take time to explore the music, breath and movement styles to fully immerse yourself, showing your enjoyment to move this way. Simple movement sequences to bring energy, mobilization and the connection of breath to the body.

The Half Arm Circles require good stability in the legs and core to mobilize the upper body. This movement progresses from a slow tempo Half Arm Circle to a faster tempo, then adding a roll through the spine.

The Breath Swings are the ultimate release of your body and energy – encourage lots of knee bend, belly lift and breath. Heel Lift is optional.

The Tai Chi Circling move has a Low Push. Practice starting the push from knee level coming up to shoulder level to grow the movement and start the sequence. Once participants are moving well, we come into power and dip the trailing arm low towards the floor to warm-up deeper.

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.

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 honoring 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.