

BODYFLOW



MUSIC

EXPRESS FORMATS

01A. YOGA WARM-UP

01B. YOGA WARM-UP

02. SUN SALUTATIONS

03. STANDING STRENGTH

04. BALANCE

05. HIP OPENERS

06. CORE – ABDOMINALS

07. CORE – BACK

08. TWISTS

09. FORWARD BENDS – HAMSTRINGS

10. RELAXATION/MEDITATION

BONUS

01. TAI CHI WARM-UP

Les Mills' instructor resources are unique, valuable resources provided to you as a Les Mills' certified instructor to enable you to learn each new release and teach it in Les Mills' licensed clubs only. Do not share these resources. Copying, uploading or sharing files on the internet or selling Les Mills' instructor resources to other people is illegal, and rips off Les Mills, its distributors and other instructors. If you are engaging in any of these illegal activities, there may be serious consequences for you personally including legal action and the suspension or permanent withdrawal of your Les Mills certification. Your cooperation is much appreciated.



TEACHING THE ESSENCE OF BODYFLOW

6 Keys to unlocking the Mind-Body Experience:

Stay in a Balance Frame of Mind

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

Don't Pose

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

Keep Cues Simple

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

- Set up clearly using 2 to 4 Layer 1 Setup cues. These cues should put people into the shape of the pose, explaining simple alignment and breathing. Think of "which body part are we moving in which direction". This helps people feel confident and comfortable.
- Teach any necessary Layer 2 options then pause to look around at your members.
- Layer 3 cues are often a response to what we see. Refer to the Technique Manual and choreography notes for a wide variety of these. You might need to add another breath cue, coach deeper into the feel of the pose, motivate, connect, explain a benefit of the pose, or just be SILENT.

This is SBS

S Set it up, **B** Breathe it up, **S** Silence it up!

Our silence allows us to stay more
IN THE MOMENT.

Don't Waste Words

People will naturally follow our movement; so choose follow-up cues that describe the feel or detail of the poses that they cannot see eg "*Arms light and long*" gives length to a move, rather than "*Take your arms out to the side*", which they can see. "*Big toes and heels together*" gives technical detail rather than "*Feet together*".

Question Yourself

Ask yourself, "What do I want my class members to experience in each pose of this track?"

Using your own class-focused objectives will give you a powerful sense of purpose and allow your love of BODYFLOW to shine through! This will make your members feel more included in the experience and, by planning objectives before each class and teaching the full variety and flexibility of them, you will keep it fresh and interesting.

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

Books:

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

Journey Into Power, Baron Baptiste (Simon and Schuster)

Dynamic Yoga, Kia Meaux (Dorling Kindersley Ltd)

Awakening the Spine, Vanda Scaravelli (Harper Collins)

Videos/DVDs:

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

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

Tai Chi for Health, Terence Dunn (Healing Arts)



MUSIC

- 01A

Hold Me (3:18)
The Teskey Brothers
© 2019 Half Mile Harvest Records under exclusive licence to Ivy League Records. Licensed courtesy of Ivy League Records.
Written by: Love, J. Teskey, S. Teskey, Gough
- 01B

Hi (1:12)
Erykah Badu
Courtesy of the Universal Music Group.
Written by: Wright, Rundgren
- 02

Settle (6:37)
BAYNK feat. Sinead Harnett
© 2018 BAYNK under exclusive license to Allpoints.
Written by: Nowell-Usticke, Harnett
- 03

Maybe (5:07)
GRiz feat. Yoshi Flower
© 2019 GRiZ.
Written by: Kwiecinski
- 04

No Time To Die (4:01)
Billie Eilish
Courtesy of the Universal Music Group.
Written by: B. O'Connell, F. O'Connell
- 05

Whoa (Remix) (6:33)
Snoh Aalegra feat. Pharrell Williams
© 2020 Artium Rcordings, LLC under exclusive license to AWAL Recordings America, Inc.
Written by: Emile, Nowrozi
- 06

Sabor Do Rio (4:11)
Common feat. Sergio Mendes
© 2019 Allophone Media Limited, under exclusive license to Concord.
Written by: Lynn, Mendes, Ramos, Mayo
- 07

Know Your Worth (5:10)
Khalid & Disclosure
© 2020 RCA Records, a division of Sony Music Entertainment.
Written by: Robinson, Napier, Lawrence
- 08

Running For So Long (House A Home) (4:32)
Parker Ainsworth, Butch Walker, Paris Jackson & Jessie Payo
© 2019 Concord Music Group, Inc.
Written by: Ainsworth, Nilsen, Sxhwartz
- 09

Goodnight (7:15)
Nick Murphy
© 2020 Detail Records.
Written by: Murphy
- 10

Quiet (8:14)
Peake
© 2019 Marigold Music.
Written by: Peake
- BONUS 01

Ripples (4:19)
RENAE
© 2017 MC Naylor Productions.
Written by: Vaughan, Naylor, McInnis, Duhe, DioGuardi

EXPRESS FORMATS

30-MINUTE STRENGTH		30-MINUTE FLEXIBILITY	
Track 02	Sun Salutations	Track 01A	Yoga Warm-Up
Track 03	Standing Strength	Track 02	Sun Salutations
Track 04	Balance	Track 05	Hip Openers
Track 06	Core – Abdominals	Track 08	Twists
Track 07	Core – Back	Track 09	Forward Bends – Hamstrings
Total Time	25:06	Total Time	28:05
Track 10	Relaxation/ Meditation	Track 10	Relaxation/ Meditation

45-MINUTE STRENGTH		45-MINUTE FLEXIBILITY	
Track 01A	Yoga Warm-Up	Track 01A & 1B	Yoga Warm-Up
Track 02	Sun Salutations	Track 02	Sun Salutations
Track 03	Standing Strength	Track 03	Standing Strength
Track 04	Balance	Track 04	Balance
Track 06	Core – Abdominals	Track 05	Hip Openers
Track 07	Core – Back	Track 08	Twists
Track 08	Twists	Track 09	Forward Bends – Hamstrings
Track 09	Forward Bends – Hamstrings	Total Time	38:27
Total Time	40:03	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	Alternate	B	Back
BPD	Body part and direction	Bold	Must-Do Cues
cts	Musical counts	F	Forward
L&R	Left and right	mins	Minutes
O/H	Over head	OTS	On The Spot
Pose	Positions as explained in the Program Manual	Seq	Sequence (repetition of exercise or position)



BODYFLOW UNITED

This release was created under such singular circumstances. We were separated, us two, as so many of you, our global family, have been from one another and your families. The joy of creating this release was different. Usually we relish the opportunity to spend time together, we spend hours chatting and choreographing, discussing details, sometimes arguing. But our separation this time meant that the formulation of the class was the only goal, and while we mourned our lack of physical proximity, we discovered the joy of simple shared yoga practice, over an unstable FaceTime connection.

Therefore this is a very internal class. One to go through alone with your thoughts, and we also found, one that creates a bond when you're together. Because that's what we are all searching for right now, right? Something to hold onto, to ground us and lift us up when it feels too hard to go on.

So please take this class and breathe. Enjoy the sensation of moving your body and feeling your heart beat. We are united.



CREDITS

Program Directors – Dr. Jackie Mills and Diana Archer Mills

Chief Creative Officer – Dr. Jackie Mills

Creative Director – Kylie Gates

Technical Consultant – Bryce Hastings

Program Coach – Kylie Gates

Production Coordinator – Michelle Farrier

PRESENTERS

Dr. Jackie Mills (New Zealand) is the Les Mills Chief Creative Officer and co-Program Director for BODYBALANCE/BODYFLOW. She is based in Auckland.

Diana Archer Mills (New Zealand) is co-Program Director for BODYBALANCE/BODYFLOW, Creative Director for BODYJAM, BODYPUMP and RPM, and choreographer for CXWORX, LES MILLS BARRE and LES MILLS TONE. She is based in Auckland.

SHADOWS

Andrew Watson (United States)

Ann-See Yeoh (United Kingdom)

Barb Knutsen (United States)

Caley Jäck (South Africa)

Deidre Douglas-Washington (United States)

Derick Hong (China)

Fiona Tamburrini (France)

Hussein Bosmans (Belgium)

Inge Gnatt (Australia)

Jojo Zhou (China)

Joseba Isteque (France)

Kristin Andersson (Sweden)

Laura Donnelly (Australia)

Maria Lesnikova (Russia)

René Vogel (Germany)

Riyo Fukunaga (Malaysia)

Sarah Durnford (United Kingdom)

Thiago Meneses (Australia)

Tor Andersen (Denmark)

Valeria Dony (Belgium)



01A. YOGA WARM-UP



TRACK FOCUS

Breathe, stretch and activate the body.

	MUSIC		SEQUENCE/EXERCISE	CTS
0:05	Hold me	2½x8	Inhale/Exhale – Childs Pose, arms F on floor facing R side	20
0:22	_ that storm	4x8	Inhale/Exhale – Stretch L arm F Repeat on R	16 16
0:48	I'll hold you	2x8	Horse Stance Chest between arms	8 8
1:01	You're storm	8x8	2x Inhale – Opposite Arm & Leg Raise L leg and R arm lift to horizontal Exhale – Childs Pose Repeat on R	8 8 16
1:54	So many ways	4½x8	Inhale/Exhale – Down Dog, moving as feels good (no set timing)	36
2:23	Hold me	2x8	Inhale/Exhale – Forward Fold Walk feet forward to outside of hands	16
2:36	I'll hold you	4x8	Inhale/Exhale – Hindi Squat ↕Option: Forearms to thighs Pregnancy Option: Forearms to thighs	32
3:03	(Beat)	1x8	Inhale – Mountain Pose Roll up through the spine, arms hanging, exhale	8



01A. HOLD ME 3:10mins

TECHNIQUE & COACHING

CHILDS POSE

Layer 1

- Start in Childs Pose
- Knees wide
- Big toes together
- Sit your hips back
- Reach your arms forward
- Hands shoulder-width apart
- Breathe in and out through your nose

Layer 3

- Feel a wave of relaxation down through your body
- Follow your breath; relax your body and soften
- Stretch the right fingers forward as your inhale and exhale soften
- Stretch the left fingers forward as your inhale and exhale soften

HORSE STANCE, OPPOSITE ARM AND LEG, CHILDS POSE

Layer 1

- Breathe in, rise up to all fours
- Hands under shoulders
- Knees under hips
- Breathe in, and bring your chest through inbetween your arms
- Exhale, and settle
- Inhale, opposite arm and leg lifts
- Exhale, Childs Pose

Layer 3

- Start to energize your body
- Stretching and pulling your opposite arm and leg away from each other
- Mobilizing through the spine

DOWN DOG

Layer 1

- Inhale, tuck toes under
- Down Dog
- Hands shoulder-width apart
- Feet hip-width apart
- Exhale, push up and back
- Walk your Dog if you want
- Press the sole and heel down

Layer 3

- Press into the palms of your hands
- Breathe and move your body in a way that feels really good for you to stretch
- Deep breaths in, slow breaths out

FORWARD FOLD

Layer 1

- Walk feet towards hands
- Forward Fold
- **Bend your knees as much as you need to**
- Chest rests towards your thighs
- Drop your head
- **Lift your belly**

HINDI SQUAT

Layer 1

- Turn the heels in toes out
- Inhale lower hips to Hindi Squat
- Might be halfway, might be a bit further
- Exhale lower to where feels good

Layer 3

- Push into the outside edges of the feet
- Lift up through the chest
- Lift up a little as you breathe so you start to energize your muscles

MOUNTAIN POSE

Layer 1

- Turn your toes
- Tuck your chin
- Bend your knees
- Roll up to standing as you inhale
- Letting the arms hang

ESSENCE TIPS

We are facing the side for this track so simple, clear coaching is paramount to getting your class moving and warming quickly. Remember, it is OK to strip your script way back as we begin and let people really explore the music and acknowledge how their bodies feel. 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 simply moving and breathing. There is power in the quietness!



01B. YOGA WARM-UP



TRACK FOCUS

Breathe stretch and activate the body.

	MUSIC		SEQUENCE/EXERCISE	CTS
0:00	Hello	6x8	3x Extended Mountain, Forward Fold Sequence Inhale – Extended Mountain Pose with lift heels Exhale – Forward Fold	8 8
0:35	Hello	2x8	Inhale/Exhale – Baby Back Bend	16
0:47	Hello	2x8	1x Extended Mountain, Side Bend Sequence Inhale – Extended Mountain Pose Exhale – Side Bend L Repeat on R	4 12 16



01B. HI 1:12mins

TECHNIQUE & COACHING

EXTENDED MOUNTAIN POSE TO FORWARD FOLD SEQUENCE

Layer 1

- In-breath as you lift the arms up
- Lift the heels
- Press hands together as you fold down
- **Belly to spine and bend knees**
- Circle wide and come up again

Layer 3

- Fill yourself with breath
- Come right up to the balls of your feet

BABY BACK BEND TO SIDE BEND SEQUENCE

Layer 1

- Come up again, this time keep heels down
- Palms together
- Baby Back Bend
- Chin tucked
- **Squeeze butt**, press hips forward
- Come up and Side Bend
- Inhale, one arm down
- Exhale, and C-shape

Layer 3

- Bend further and soften

ESSENCE TIPS

Another short track to mobilize the spine even more before Sun Salutations. Continue with the breath-movement flow to start the internalization and focus inwards. Enjoy!



02. SUN SALUTATIONS



TRACK FOCUS

Coordinate breath and movement to deeply warm the body.

MUSIC		SEQUENCE/EXERCISE			CTS
0:00		4x8		Inhale – Extended Mountain Pose Exhale – Forward Fold , step back to Down Dog	32
0:16	Say to me	16x8	A	3-Legged Down Dog , hips parallel L Lift R heel Kneeling Lunge L ⬆Option: Lunge Arms O/H, Baby Back Bend Arms reach F to 45 degrees Hands to floor, step back to Down Dog Repeat on R	16 8 8 16 8 8 64
1:22	I feel your pheromones	16x8	A ¹	Repeat A – 3-Legged Down Dog with open hip, L&R	128
2:28	Instr	4x8	B	Bear Pose	32
2:44	Baby I’ve been	8x8	C	4x Striking Cobra Childs Pose Inhale – Striking Cobra ⬆Option: Pushup	 8 8
3:16	Instr	4x8	D	Down Dog , walk feet F to Forward Fold and roll up to standing Extended Mountain Pose , clasp hands behind back in Chest and Shoulder stretch	 32
3:33	Say to me	32x8	E	4x Sun Salutation Inhale – Extended Mountain Pose ⬆Option: Baby Back Bend Exhale – Forward Fold Inhale – Step or jump feet B to Down Dog Exhale – Plank Inhale – Crocodile Exhale – Up Dog ⬇Option: Baby Cobra Pregnancy Option: Cat Pose Inhale – Down Dog Exhale – Step or jump feet F to Forward Fold	 8 8 8 8 8 8 8 8
5:44	Instr	4x8	D	Repeat Extended Mountain to Chest and Shoulder Stretch	32
6:01	Baby I’ve been	8x8	E	1x Repeat Sun Salutation	64



02. SETTLE 6:37mins

TECHNIQUE & COACHING

3-LEGGED DOWN DOG (CLOSED HIP)

Layer 1

- Come to Down Dog
- Back leg lifts
- Inhale, 3-Legged Down Dog
- Square the hips
- Toes are down
- Press away with the heel

Layer 3

- Eyes to knees if you can
- Push through both hands evenly
- Lift the heel and take a big breath in

KNEELING LUNGE WITH BABY BACK BEND, EXTENDED LUNGE, DOWN DOG SEQUENCE

Layer 1

- Inhale, swing the top leg to outside of the hand
- Knee down or not
- Inhale, arms lift to back bend
- **Squeeze the butt**
- Arms reach to the 45, extend the Lunge
- Hands down
- Push back into Down Dog and change sides

Layer 3

- Press front knee out to steady yourself
- Straighten the back leg if you can
- As you exhale feel the arch in the back
- Feel the length as you reach forward

3-LEGGED DOWN DOG (OPEN HIP)

Layer 1

- 3-Legged Down Dog with open hip
- Take the toes to the sky
- Square shoulders as you breathe in

Layer 3

- Bottom heel lifts high and you extend your body long

BEAR POSE

Layer 1

- Shoulders over wrists
- Drop your knees so they hover off the floor

Layer 3

- Push the floor away and feel how that contracts through the mid-section
- Strong and powerful

CHILDS POSE, STRIKING COBRA

Layer 1

- Big breath in and sit back to Childs Pose
- Hands wide on the mat
- Striking Cobra or Up Dog
- Strike forward, chest through
- Press back to Childs Pose
- **Squeeze butt**, shoulders back and down
- Exhale, press back to Childs Pose or Crouch Pose
- Option, knees stay off the floor
- Or come forward, take a small dip of the elbows

Layer 3

- Power through your whole body
- Glide your body forward and up
- Inhale, scoop chest through

DOWN DOG, FORWARD FOLD, EXTENDED MOUNTAIN POSE WITH CHEST STRETCH

Layer 1

- Tuck toes and push back through Down Dog
- Walk feet to hands
- Feet under hips or together
- Breath and roll up to Extended Mountain Pose
- Circle arms behind and stretch shoulders and chest
- **Squeeze butt**

Layer 3

- Take a beautiful shoulder stretch
- Palms together if you can

EXTENDED MOUNTAIN POSE, FORWARD FOLD

Layer 1

- Inhale, Extended Mountain Pose, circle the arms up
- Palms together
- Exhale, **bend the knees** and fold down the mid-line
- **Lift the belly**

Layer 3

- Now we flow
- Let's see if we can get the flow of breath more



02. SETTLE 6:37mins

TECHNIQUE & COACHING

DOWN DOG

Layer 1

- Inhale, step back to Down Dog
- Hands shoulder-width apart
- Feet hip-width apart

Layer 3

- Jump or step from Forward Fold to Down Dog
- Jump or step from Down Dog to Forward Fold

PLANK

Layer 1

- Exhale, float forward to Plank
- Knees come down first round
- Brace your core

Layer 3

- Powerful body in the Plank

CROCODILE

Layer 1

- Inhale, Crocodile
- Bend your elbows, lower halfway
- Core engaged

Layer 3

- Lower body down as one unit

BABY COBRA / UP DOG

Layer 1

- Exhale baby Cobra or Up dog
- Pregnancy option: Cat Pose
- **Squeeze your butt**
- Squeeze shoulder blades together

Layer 3

- Embrace the outbreath here
- Rise, chest to the sky

ESSENCE TIPS

The track starts with more opening for hips, chest and shoulders; 3-Legged Dogs, Lunges and Striking Cobras before we flow with Sun Salutations. This opening will create the strength and mobility needed to flow with ease.

When the flow starts focus on the Must Do Cues so everyone can follow easily especially for the first 2 rounds. Clear Layer 1 cues – name of Pose, Alignment, Body Part and Direction (BPD) helps everyone achieve the sequence. On the second round stay with Layer 1 cues adding the link to the breathing pattern. Note: we use the exhalation breath on the Up Dog – feels different – embrace it!

Basic cues and easy to understand options allow participants to learn where they are moving, and have control over their flow. In the first round, give the option for pregnant participants to move into Cat/Cow Pose. This will cover any women who may get to class late, or who aren't comfortable asking for options at the beginning of class. If you notice anyone taking the options, you can then cater to them throughout the class.

Our objective in Sun Salutations is always to help participants immerse themselves in their experience. What helps to achieve this is only say what is needed (especially when out of sight) to encourage seamless transitions from one pose to the next.



03. STANDING STRENGTH



TRACK FOCUS

Spinal alignment in poses.

MUSIC				SEQUENCE/EXERCISE	CTS
0:00	Intro	10x8	A	Intense Pose	96
0:44	_ Oh city of lights	28x8	B	Standing Strength Sequence L	
				Warrior 2 L, Inhale/Exhale	32
				Inhale/Exhale – Arms wide to OH	16
				Inhale/Exhale – Arms wide to Warrior 2	16
				Inhale/Exhale – Sun Warrior L	32
				R arm lifts, R hand hold L wrist	32
				Inhale/Exhale – Triangle Pose L	16
				Wrap R arm behind back	48
				Inhale/Exhale – Floating Half Moon L	32
2:46	(beat)	4x8	C	Wide Squat arms O/H in V	
				Inhale/Exhale	32
3:05	Oh my city	28x8	B	Standing Strength Sequence R	224



03. MAYBE 5:07mins

TECHNIQUE & COACHING

INTENSE POSE

Layer 1

- Stay in your Forward Fold
- Bring your big toes together
- Breathe in, coming up sitting your hips back
- Exhale and sink in your legs
- Tuck your tail bone under
- Lengthen the lower back
- Draw your belly in

Layer 3

- Let's get strong
- Feel how that engages your belly

WARRIOR 2

Layer 1

- Come to Warrior 2
- Feet come wide
- Turn toes directly to the side
- Press back heel away
- Inhale, bend the front knee
- Exhale, straighten the back leg
- Square the hips to the front as much as you can
- Option to lift your heel for more strength
- Inhale, lift your arms to the sky
- Inhale, open arms to side walls, exhale and land

Layer 3

- Pull the muscles of your back thigh up
- Super strong legs while opening the hips
- Ground yourself down

SUN WARRIOR

Layer 1

- In-breath, reaches you high
- Out-breath, C-shape your spine
- Sink low in your front knee
- Inhale, bring the bottom hand up and grab the wrist
- Exhale to create an even deeper C-shape

Layer 3

- Feel the opening through the side body
- Keep strong in your lower body then you can create lift with your in-breath through your spine, exhale freedom of movement
- Do what feels good in your body

TRIANGLE

Layer 1

- Drop the heel
- Straighten the front leg
- Inhale, tip from the hip
- Exhale, giving lots of length to the side body
- Spread your arms wide
- Inhale, top arm wraps around your body
- Exhale, legs straight and strong

Layer 3

- Lengthen your lower back again, feel how that squeezes your glute
- Now lengthen the back of the neck – that relaxes the neck
- Lower core is switched on

FLOATING HALF MOON

Layer 1

- Back foot steps in
- Floating Half Moon
- Lift your back leg opening your hip
- Standing leg slightly bent
- Open arms wide as you breathe in or wrap bringing hands to elbows

Layer 3

- Core is on, pelvis is stable
- Steady your eyes

WIDE SQUAT

Layer 1

- Touch down
- Wide Squat
- Breathe the arms and heels up
- Exhale feel the strength
- Everything squeezes in to the mid-line

Layer 3

- Solidify your pose
- Shoulders down
- Everything squeezes in



03. MAYBE 5:07mins

TECHNIQUE & COACHING

ESSENCE TIPS

In each pose, we want to create a solid foundation in the lower body to enable length in the upper body. In this track we set the Warrior 2 Pose and then move into Sun Warrior and Triangle Pose from there. Take the time to consider what it is you need to coach to ensure participants have a strong base to move from.

Keeping the Layer 1 cues simple allows space to pause and look out at your class and then follow-up with Layer 3 cues to deepen the pose and experience for the participants. When we give this follow-up coaching, our class participants are more likely to hear and retain the information, (because we have paused and given space in between cues) which then helps to develop their practice. And of course everyone learns differently – some participants learn through technical instructions and some learn through feeling/emotive instruction. Try to teach from a mix of both so you are helping them to bring awareness to their bodies and their experience. Trust they will find their way...



04. BALANCE



TRACK FOCUS

Stability from drawing body in to the mid-line.

MUSIC			SEQUENCE/EXERCISE		CTS
0:00	Intro	2x8	Mountain Pose		16
0:13	Instr	6x8	A	Tree Pose L	8
				Arms O/H, fingertips together	24
				Willow Tree L	16
0:55	We were a pair	6x8	A	Repeat on R	48
1:35	I've fallen for a lie	6x8	B	Standing Modified Half Lotus R	
				Eagle Pose arms	16
				Extend F	32
2:16	I let it burn	4x8	C	Mountain Pose Chest and Shoulder Stretch	32
2:41	I've fallen for a lie	6x8	B	Repeat on L	48
3:21	Die	2x8	D	Baby Back Bend heels lifted	16
3:34	Fool me once	3x8	E	Fallen Angel	24



04. NO TIME TO DIE 4:01mins

TECHNIQUE & COACHING

TREE POSE, WILLOW TREE

Layer 1

- Feet together
- Tree Pose
- Right foot down, under or over your knee
- Breathe the arms overhead and clasp gently as you exhale
- Start to tip to Willow Tree, release the top arm open

Layer 3

- Allow the hip of your standing leg to press in and up
- Feel the stability that creates
- Do you feel stable?

STANDING MODIFIED HALF LOTUS POSE

Layer 1

- Cross your ankle onto your thigh
- Press the knee out and bend your standing leg
- Eagle Pose arms, left arm under right
- Take a deep breath in opening through the back body
- As you exhale, sit the hips back
- Sweep the arms back

Layer 3

- Be daring
- Hold your power

MOUNTAIN POSE WITH HEEL LIFT

Layer 1

- Feet together
- Clasp hands behind you
- Inhale, lift heels
- **Squeeze glutes**

Layer 3

- Draw everything into the mid-line of the body
- Open the chest and shoulders

FALLEN ANGEL

Layer 1

- Feet together
- Reach the arms high
- Fill yourself with breath
- Lift heels
- Chin tucks
- **Squeeze butt**

Layer 3

- Allowing the arms to fall slowly and you Back Bend
- Time to live

ESSENCE TIPS

This is the most glorious Balance track, created to make us and our participants feel the power in our amazing bodies and of course be a little “daring”.

The focus is to find stability in all poses by drawing into the mid-line of the body. Once you have this, you will find freedom and ease in the pose. This brings in the “C” concentration of turning your senses inward to fully immerse in your breath and movement.

The music adds an incredible intensity to the choreography, so it is up to us as instructors to let it shine through and heighten the experience for all. The most powerful way we can do this is by keeping the coaching cues minimal. This will allow the music to take our participants on a journey and exploration.



05. HIP OPENERS



TRACK FOCUS

Know how to get more stretch out of each of the three poses.

MUSIC			SEQUENCE/EXERCISE		CTS
0:00	Intro	2x8	Sit down facing L side		16
0:11	I may tell you	12x8	A	Seated Hip and Butt Stretch R Move legs in a way that feels good	48 48
1:12	_ I got trigger	12x8	B	Modified Half Lotus R Twist L, R hand to R foot/L knee L arm lifts, Side Bend R	16 48 32
2:14	Whoa	12x8	C	Swan Pose R ⇅Option: Quad Stretch Extended Swan Pose ⇅Option: Mermaid Pose	16 80
3:15	Instr	38x8	A–C	Unfold legs and set up to repeat on L Seated Hip and Butt Stretch L Modified Half Lotus L Swan Pose R	16 96 96 96



05. WHOA (REMIX) 6:33mins

TECHNIQUE & COACHING

SEATED HIP & BUTT STRETCH

Layer 1

- Come down to sitting, side on
- Seated Hip and Butt Stretch
- Hook your back foot over your front thigh
- You may need to come to your elbows to do that
- Flex the ankle to stabilize the knee
- Push the knee away as you breathe in and lift the chest

Layer 3

- Take a little bit of movement and breath
- Play with the stretch – come forward or back
- Ball and socket joint it has a lot of movement

MODIFIED HALF LOTUS / TWIST / SIDE BEND

Layer 1

- Come on down
- Modified Half Lotus
- Tuck the bottom foot across and come down
- You want both sit bones down so adjust the foot on the leg to keep the spine straight
- Cross the back arm over and twist
- Breathe in and reach up to Side Bend

Layer 3

- Breathe and turn your shoulders, breathing length into the lower back
- Turn the eyes and lengthen the neck
- Drop the bottom shoulder to relax the jaw and face

SWAN POSE / EXTENDED SWAN

Layer 1

- Swan Pose
- Top leg swings around
- Heel into groin or 90/90
- Quad stretch – pick up the back foot
- Lift up and turn your hips and shoulders to square and deepen the stretch

Layer 3

- You can come forward, you can stay up, take a Mermaid Pose
- Breathe as much as you can

ESSENCE TIPS

The Track Focus is to know how to get more out of the stretches in all three poses so it's a journey for our class participants and we are guiding their experience with our knowledge.

Imagine if we could strip away the idea that poses have a certain beginning or end goal. If we could all just explore our bodies within a pose, adjusting, moving from one variation to another and the only goal is to find a place that feels good. No need to look around and see what the person next to you is doing, or placing judgment on ourselves for not being "flexible enough" to get to a certain level. Let's help move our classes to this accepting place by offering these variations and encouraging exploration from the very beginning. Give participants power over their experience and help them to tune into their bodies. Mobility is a journey and regardless of where we are on that journey there are options for everyone. Moving within a pose, like the rock from side to side in Hip and Butt stretch or the choices in Swan Pose is another tool we can offer to encourage exploration and self-awareness. You know your class best, so teach the options that cater to those who want a challenge and those who are wanting to slow down.

The most important cue of all is to breathe and the hips will open slowly... Ahhhhhh.



06. CORE – ABDOMINALS



TRACK FOCUS

Lower abdominal target in the lifts.

MUSIC		SEQUENCE/EXERCISE			CTS
0:00	Intro	2x8		Set up on back	16
0:10	La la	4x8	A	4x Double Leg Lift and Swing Lift knees 4cts, lower butt, feet swing out and up 4cts Option: Knees straight or bent Pregnancy: On forearms Hold knees over hips for last 4cts	32
0:32	Feel the sunshine	4x8	B	Cross Crawl L&R	32
0:51	La la	4x8	A	Repeat Leg Lift and Swing	32
1:09	Live music	4x8	B	Repeat Cross Crawl	32
1:28	La la	4x8	A	Repeat Leg Lift and Swing	32
1:47	Vous	8x8	C	Legs in Wide V , pulse arms through x3, 6cts, arms O/H, back to floor, knees together and bent 2cts	64
2:24	Ba... this	4x8	C ¹	Singles – pulse x1	32
2:43	La la	12x8	A	Repeat Double Leg Lift and Swing	96
3:39	We go down	1x8		Set knees over hips	8
3:44	Let it go now	5x8	B	Repeat Cross Crawl	40



06. SABOR DO RIO 4:11mins

TECHNIQUE & COACHING

DOUBLE LEG LIFT & SWING

Layer 1

- Pregnancy Option: on your elbows
- Lay down onto your back
- Palms up
- Knees over hips
- Lift the tail bone and swing away
- Breathe in through the nose and out through the mouth
- **If you feel the lower back coming off the floor take your legs higher**

Layer 3

- If you want the challenge take your legs low
- Starting the work in the lower abs

CROSS CRAWL

Layer 1

- Facing the side
- Pregnancy Option: on your elbows
- Fingertips to temples
- Cross Crawls
- Front leg, then back leg
- Knees are bent or straight legs
- Strong, powerful out-breath as we twist
- Twist from the center of your chest
- **Brace abs to stabilize the pelvis**

Layer 3

- Work on the rotation, right from the center of your chest
- Pregnant members: anytime you need to tap down, take it and make lots of space for your baby

WIDE V PULSE

Layer 1

- Pregnancy Option: Prop yourself up on your elbows
- Legs wide
- Crunch and pulse for 3
- Knees over hips
- Arms reach overhead
- **Press lower back down towards the floor when you reach back**
- Ribs squeeze towards hips as you Crunch
- Use a strong powerful breath

Layer 3

- Try and reach as high as you can between your thighs
- Pregnant members: remember to come to elbows and work wherever is comfortable for you
- Can you get both shoulder blades off the floor?

ESSENCE TIPS

Always be sure to check in with your 3 B's (Back, Belly and Breath). The lower abdominal muscles have to react quickly in the Double Leg lift and Swing as we focus on knees going directly to the sky in the Leg Lift and we press the lower back towards the floor as we swing away with a powerful breath (in through the nose and out through the mouth). This move is going to create awesome strength work for these muscles. Quick movements and transitions need even more strength and control, so providing education around benefits will help participants have control of their workout.

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

When you enjoy the uplifting feel of the song, you encourage your participants to do the same. You give permission for others to connect with and be moved by the energy. Positivity and a smile makes even the most challenging tracks a little lighter!



07. CORE – BACK



TRACK FOCUS

Creating whole body strength in Dolphin Pose: Strength in Iguana Pose from drawing the body into the midline.

MUSIC		SEQUENCE/EXERCISE			CTS
0:00	Intro	10x8	A	Back Sequence From Horse Stance, Dolphin Pose ⇓Option: Down Dog Pose	80
0:47	Gotta keep	4x8	B	Step feet back and lower hips to Hover ⇓Option: Knees down	32
1:05	Don't forget	4x8	C	Iguana Pose	32
1:24	Know your worth	4x8	C ¹	3 upward pulses, lift hands	32
1:43	Gotta keep	4x8	C ²	2x Turn shoulders to look L Repeat R	8 8
2:10	Instr	26x8	A–C ²	Repeat Back Sequence	208
4:12	Instr	12x8	D	Bow Pose ⇓Option: One leg at a time Lower and lift as feels good	96



07. KNOW YOUR WORTH 5:10mins

TECHNIQUE & COACHING

DOLPHIN POSE

Layer 1

- Roll over let's come to Dolphin Pose
- Elbows shoulder-width apart
- Bring the palms together and forward
- Press into the arms and tuck your toes as you inhale
- Lift your hips like Down Dog as you exhale
- Drop the head
- Relax the neck

Layer 3

- Breathe and create space from shoulders to ears
- Lift the hips high and feel the work the work all the way up the back body
- Try and press the heels down keeping the spine long to feel the strength work

HOVER

Layer 1

- Walk our feet back to Hover
- Hips in line with shoulders
- Shoulders over elbows
- On knees or toes for more loading
- Feel your abdominals brace

Layer 3

- Squeeze everything into the mid-line

IGUANA

Layer 1

- Pregnancy stay in Hover / Childs Pose when you need
- Come to Iguana
- Down onto your belly
- Arms wide on fingertips
- **Squeeze butt**
- Feet off floor
- Let's pulse for 3 and lift fingers
- Hold Iguana and twist to front
- Twist to back

Layer 3

- There should be so much strength in the back body it takes no energy to lift the fingers off
- Feel the lats work more and strength and mobility through the spine
- Press ankles, thighs and glutes so tight it lifts your belly off

BOW POSE

Layer 1

- Bow Pose
- Pregnancy Option: 1-Legged Bow on the side
- You can take a Half Bow
- Hold the ankle
- Lift chest and thigh off the floor
- Or two, knees are hip-width apart
- **Squeeze the butt**
- Breathe in, kick the feet into your hands
- Breathe out
- Lift the chest
- Eyes forward or down, to relax your neck

Layer 3

- Can you bring the energy into both sides of the body?

ESSENCE TIPS

Moving into the back work, we play with the idea of building strength with grace and control. This is a true workout for the postural muscles as we explore some glorious spinal extensions.

Dolphin Pose is back. It strengthens and stretches the shoulders, arms, upper back and legs. It helps bring flexibility to the spine, hamstrings and calves. In addition, it provides all of the benefits of Down Dog, including relief from headaches, insomnia, fatigue and mild depression.

Remember the power of the breath. It helps nourish our bodies, keeping it moving and flowing, particularly in these challenging poses. If in doubt, breathe it out!

Pregnancy Options: Encourage your mothers to be open to explore what feels right for them as they move through their pregnancy.



08. TWISTS



TRACK FOCUS

Maintain grounded alignment in lower body to enable upward extension of the spine for Twists.

MUSIC			SEQUENCE/EXERCISE		CTS
0:00	Intro	4x8	Childs Pose, facing L side		32
0:17	My oh my	12x8	Lunge Sequence R		
		A	Kneeling Lunge Twist R		32
		A ¹	Hips back to Kneeling Hamstring Stretch R		32
		A ²	Lunge Twist R		32
1:09	Time moves fast	12x8	A–A ²	Repeat Lunge Sequence L	96
2:01	Makes a house a home	4x8	B	Intense Pose Face F or to L side	32
2:18	So long	8x8	B ¹	Intense Pose Twist R	32
				L elbow to R thigh, hands in prayer ↑Option: Open arms vertically	32
2:47	My oh my	8x8	C	Standing Twist R	
				L hand to R thigh	32
				Open arms horizontally ↑Option: Hold foot and extend leg horizontally	32
3:20	_ what makes	8x8	B ¹	Repeat Intense Pose Twist L	64
3:53	Been running	8x8	C	Repeat Standing Twist L	64



08. RUNNING FOR SO LONG (HOUSE A HOME) 4:32mins

TECHNIQUE & COACHING

LUNGE TWIST SEQUENCE

Layer 1

- Sitting back into Childs Pose
- Take a breath and let your body sink down
- Next breath in, step front foot forward to Kneeling Twist
- Hips drop low
- Open the top arm reaching fingers high and back as you twist turning shoulders
- Let the hips come back and feel the hamstring stretch
- Nose to knee, relaxing shoulders as you breathe
- Pregnancy Option: Open Twist – make space for your baby
- Big twist this time, knee over ankle, power the back leg
- Open and twist

Layer 3

- Make sure the hip is pulling into the mid-line, so the lower body is strong
- Work the legs into the mid-line of the body and feel that radiate up the spine and out the arms

INTENSE POSE TWIST

Layer 1

- Step up and step in to Intense Pose Twist
- Feet together, breathe the arms up
- Knees squeeze together
- Draw belly to spine
- Hands through the mid-line
- Outer elbow across the knee
- Hips and knees level
- Push the hands together to lift and open chest
- Stay here or open the arms

Layer 3

- Lengthen the spine, open your chest
- Use the pressure in the hands to pull the top shoulder back
- Biggest breath of the day and open arms if that feels nice, strong and stable

STANDING TWIST

Layer 1

- Breathe up, Standing Twist
- Reach back and stabilize the back arm
- Lift the foot to the knee
- Opposite hand on front knee
- Turn your shoulders again
- If you'd like more you can open your arm or take your front foot and extend

Layer 3

- Steady yourself and go – breath and revolve
- Everybody feel your foot on the floor, lift right up through the leg, out through the spine and out

ESSENCE TIPS

As with many of our poses once we find our base and really ground down, we can then move and explore different ways to stretch and mobilize our upper body. In the Lunge Twist, coach with a real focus on sinking right down into the hips. From this place, we can then lift and open the top arm. With the Intense Twist we anchor the base of knees and pelvis to allow the upper body freedom and then we continue the revolving feeling in the Standing Twist. Breath is the gateway to create the softness we want in our thoracic spine so continue to coach breath and easy to follow cues to set up and watch the spine unravel.

Say only what you need to, and then encourage participants to move with the music and their breath.



09. FORWARD BENDS – HAMSTRINGS



TRACK FOCUS

Calmly move into the poses with a focus on breath and alignment for maximal comfort, then find stillness.

MUSIC				SEQUENCE/EXERCISE	CTS
0:00	Intro	4x8	A	Seated Forward Fold	32
0:29	_ Since I found	8¼x8	B	Seated Half Stick Pose with Side Bend L , facing L side Inhale – bend R knee, foot to inner thigh Turn torso to front, R arm O/H Exhale – Side Bend L , L hand or arm on floor or leg	66
1:25	_ You said	4¾x8	B¹	Nose to Knee Pose L Inhale turn torso over L leg Exhale – fold F	38
1:57	_ If I’m loud	8¼x8	B	Repeat Seated Half Stick Pose with Side Bend R	34
2:54	You said	4¼x8	B¹	Repeat Nose to Knee Pose R	34
3:24	_ Since I found	8¼x8	C	Lying Hamstring Stretch L Inhale – Hold under L thigh Exhale – roll to lie supine, extend L leg ⬆Option: Lift nose to knee	66
4:20	_ You said	4¾x8	C¹	Lying Abductor Stretch L Inhale/Exhale – R hand to R hip to keep hip on the floor, L leg across the body	38
4:53	_ If I’m loud	8¼x8	C	Repeat Lying Hamstring Stretch R	66
5:50	_ You said	4¼x8	C¹	Repeat Lying Abductor Stretch R	34
6:20	_ Ooh	4¼x8	D	Wide Leg Adductor Stretch Inhale/Exhale Option: Hold under legs or rest on inner thighs	34
6.47	Outro	4x8	E	Happy Baby Pose Inhale/Exhale Options: Hands inside or outside feet, back of thighs, peace fingers to big toes	32



09. GOODNIGHT 7:15mins

TECHNIQUE & COACHING

SEATED FORWARD FOLD

Layer 1

- Let's come into a Forward Fold
- Send your legs out in front of you
- Draw your sit bones back
- Inhale, lift up, **belly in**
- Exhale, Forward Fold
- Option to **bend your knees**

Layer 3

- Take a slow breath and feel a wave of relaxation down your body

SEATED HALF STICK POSE WITH SIDE BEND

Layer 1

- Breath in and slide your front foot in
- Foot comes to inner thigh
- Breath in and lift arm up
- Take a side bend as your exhale

Layer 3

- Thigh pushes down, heel pushes away
- Relax the upper body and get the beautiful benefit from the side bend, relax your shoulders, relax your face – close your eyes if that feels good
- Take a breath in and as you exhale can you find stillness in your body

NOSE TO KNEE POSE

Layer 1

- Really slowly start to run your body
- Drop the top arm, hands to the floor
- Nose To Knee Pose
- The front ribs are turning over around and down

Layer 3

- Fold your body in and find stillness

LYING HAMSTRING STRETCH

Layer 1

- Roll down through the spine
- Lift up the back leg
- Holding the back of the leg where you can relax shoulders and lengthen back of neck
- Extend your front leg or keep it bent
- Nose to knee
- Lift upper body and hug elbows in

Layer 3

- Take a breath and reach out through all 10 toes so your legs are as long as they can possibly be
- Make the legs strong – use the breath to energize the legs

LYING ABDUCTOR STRETCH

Layer 1

- Lie down
- Take the leg across the midline of the body
- IT band stretch
- Guide your foot towards your back shoulder
- If you're pregnant, roll over onto your side
- Otherwise, draw your hips down towards the floor

WIDE LEG ADDUCTOR STRETCH

Layer 1

- Bend the knees in and take the feet wide
- Feel the stretch to the inner thighs
- Support inside or outside

Layer 3

- Find a place that is not your habitual place – take them away a little more

HAPPY BABY POSE

Layer 1

- Bend your knees
- Reach for the insides or outsides of your feet
- Draw your knees wide towards your ribs
- Anchor your tail bone to the floor

ESSENCE TIPS

Come from a calm, kind place and gently guide participants into each move so it's super easy to follow.

Yoga is for everyone, so coach options and give your class the control to choose what feels right for them on the day. Go for "feeling" goals rather than "pose goals".

For the IT Band Stretch, coach to flexing the foot and guiding the foot across the opposite shoulder to get the full benefit from this stretch. Offer the pregnancy option of rolling onto the hip to take away pressure from the spine; otherwise the goal is to draw the hip down towards the floor.

Find the balance between coaching technical cues and leaving space for people to breathe and immerse themselves in the pose and music.



10. RELAXATION/MEDITATION

QUIET 8:14mins



TRACK FOCUS

Breath and body scan – releasing tension.

First wriggle all ten fingers and toes – feel the movement, now let them relax without any grip or forced position. Let your feet fall as they wish. Awareness moves to legs now, powerful thighs falling apart and softening towards the earth.

Belly relaxes and spreads – our core takes on so much – allow it time to rest too.

Breathe deep into your lower ribs, feel the stretch and exhale, feel them sink. Now allow your breath to just rise and fall naturally.

Shoulders have had so much resting upon them, let the baggage drop so they fall down and soften towards the earth.

Let your worry lines smooth out, chin soften, tongue soften, lips gently smile.

Let any clenched jaws relax.

Awareness to your head, how it feels against the earth.

Can you relax the neck anywhere to gain extra comfort for this powerful system?

Our minds control all of this. Power us in all the ways we choose and do not choose.

Can we now rest our minds?

Breathe in, and try placing these words in your mind; I am whole, I am beloved, I am of this earth.

Repeat this a few times slowly

I am whole, I am beloved, I am of this earth.

If these words don't fit for you, select your own.

You may try: I am free, my thoughts are mine alone, I choose my life.

Or: Together, we fight to unite a peaceful earth.

Slowly come back to yourself: Wriggle those wonderful fingers and toes. Start to move once more, but before you roll up – please just quietly thank your body for all it does for your wild mind. Come to sitting, eyes closed – let's share one more breath today.

We feel you with us – we stay UNITED in peace, love and yoga.



BONUS

01. TAI CHI WARM-UP



TRACK FOCUS

Coach to the Tai Chi principals of warming, breathing, releasing and focusing.

MUSIC		SEQUENCE/EXERCISE			CTS
0:05	Intro	Set Wide Wu Chi			
0:12	The streets	5x8	A	5x Inhale – arms wide to O/H	4
				Exhale – push hands down middle	4
				Repeat sequence L&R	48
0:49	It’s all about the ripples	6x8	B	3x Ripple Sequence L&R	
				Shift weight L, L arm across body, R arm sweeps down	2
				Repeat R	2
				Repeat to L slowing to 4cts	4
				Repeat to R	8
1:32	I used to dream	9x8	B ¹	3x Repeat sweep to L&R	4
				Step R foot to L foot with slow sweep	
				Knees bent, hands “holding ball”	4
				Step R foot F, shift weight F, hands push F	8
				Step R foot B, bend knees, “holding ball”	8
				R foot steps to Wide Wu Chi	
				Repeat Ripple Sequence to R	
2:37 2:41	Ripples Instr	1x4 8x8	C	Swing & Press O/H	4
				Arms swing down torso F	2
				Arms O/H	
				Palms press up	2
				Last 5cts Wide Wu Chi set	
3:14	It’s all about the ripples	8x8	B ¹	Repeat Ripple Sequence R&L	64
4:12	Ripples	1x8	B ²	Shift weight L&R with arm sweeps	8



BONUS

01. RIPPLES 4:19mins

TECHNIQUE & COACHING

WIDE WU CHI with overhead breath

Layer 1

- Step out to Wide Wu Chi
- Feet outside hips
- Press knees out
- Tuck tail bone under
- Let the arms come wide
- Press down through the centre
- Fill yourself with breath

Layer 3

- Eyes to hands
- Let's get warm

RIPPLE SEQUENCE

Layer 1

- Weight shifting side to side
- Two quick sweeps and one slow
- Let the breath fill you in and out
- Turn the shoulders as you shift weight
- Now let's add on
- Two quick and step feet together
- Step forward and push the arms forward
- Step back in and pull arms back, step back
- Lift the foot as you step in together if you want more

Layer 3

- Press away with intention
- Can you sweep a little lower?
- Getting really warm here as you exhale
- What ripples are we creating today?
- Your ripples have so much power to influence this world
- Set your intention and create your world

SWING & PRESS

Layer 1

- Step the feet in under hips
- Reach arm overhead
- Swing down and reach and press
- **Bend knees**
- **Lift belly**

Layer 3

- Big breath in and let it go
- Mobilise
- Squeeze the back body

ESSENCE TIPS

We set the track with breathing to begin the focusing principal before we build into a dance-like Tai Chi which matches the music so beautifully. This creates a powerful flow of breath and movements. The Ripple Sequence brings warmth very quickly to the whole body. Coach to shifting the weight and staying low, to open the hips more and turning the shoulders to create upper body mobility. Keep the cues uncluttered as most people will follow the sequence visually and build your follow-up language to match the intensity of the music. Connection is heightened on all levels – mind, body and spirit! Enjoy this beautiful Tai Chi track.



WE ARE ONE GLOBAL FAMILY

We are one global family of leaders, passionately devoted to creating a fitter planet.

We fearlessly inspire others to discover their true potential by falling in love with exercise.

Exercise is our global movement.

Our movement shakes the world. We remove the boundaries of judgment and empower all people to enjoy the unique benefits of movement.

Millions of us bind together every day to unite through sweat. Music is in our soul. We are passionate about it. It gives us drive and focus.

While 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 Les Mills.

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.

