



BODYBALANCE 107



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Hello to our wonderful BODYBALANCE family!

Our team is so excited about bringing you this release, filmed at Kraftwerk, Berlin! Firstly, we would like to express our undying gratitude and love for every one of you, out there bringing joy and breath to your classes all around the world. We could not do it without you, and it is your feedback and love for this program that drives us to improve and create something that we hope you'll enjoy every round.

Secondly, this one is particularly special because of several new exciting concepts brought forth from our Creative team. From the innovations in the Track 3's to the soothing Track 8's, this was truly a blend of so many different creative talents (humble brag?).

Plus, if anyone manages not to get emotional in the two Track 9's, we will be shocked.

Thank you once again – and please let us know what you think!

Lots of love,
The BODYBALANCE Creative team
X

Jackie ¹⁰ *Elena*

BODYBALANCE 107

MUSIC

EXPRESS FORMATS

01. YOGA WARM-UP

02A. SUN SALUTATIONS

02B. SUN SALUTATIONS

03A. STANDING STRENGTH

03B. STANDING STRENGTH

04. BALANCE

05A. CORE — ABDOMINALS

05B. CORE — ABDOMINALS

06. CORE — BACK

07. HIP OPENERS

08A. TWISTS

08B. 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

Walking On a Dream (2:54)

Semantix

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Written by: Sloan, Steele, Littlemore
- 02A

Ocean Drive (2:41)

All Time Best

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Written by: Bellut
- 02B

Something About You (Chill Mix) (2:46)

Elderbrook & Rudimental

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Written by: MacKenzie, Kotz, Dryden, Sheldrake, Rolle, Amor, MacCulloch, Pott, Fitton, Aggett, Williams
- 03A

Amman (6:01)

Emmit Fenn

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Written by: Fenn
- 03B

Me & U (3:11)

Tems

© 2024 RCA Records/Since 93’.

Written by: Banful, Openiyi
- 04

Alps (3:14)

Novo Amor & Ed Tullett

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Written by: Fenn
- 05A

Say Hey (2:47)

Like Heart

Courtesy of Les Mills Music Licensing Ltd.

Written by: East
- 05B

Where Have I Gone (2:42)

Emmit Fenn feat. Charlotte Jane

© 2018 TH3RD BRAIN Records.

Written by: Fenn, Charlotte
- 06

Feels This Good (2:12)

Aurana

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Written by: Hanson, Brophy
- 07

Can’t Help Falling In Love (4:43)

LaLea

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Written by: Creatore, Peretti, Weiss
- 08A

Blame The Moon (3:39)

Hazlett

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Written by: Häggstam, Lewis
- 08B

Comin’ Around Again (3:06)

Amber Mark

Courtesy of the Universal Music Group.

Written by: Teplin, Bunetta, Mark, Nicholls, Douglas
- 09A

Alaska (3:07)

Maggie Rogers

Courtesy of the Universal Music Group.

Written by: Schadt, Rogers
- 09B

Depth over Distance (4:48)

Ben Howard

Courtesy of the Universal Music Group.

Written by: Howard
- 10

Trail (5:14)

Nik Brinkman

Courtesy of Les Mills Music Licensing Ltd.

Written by: Brinkman
- BONUS 01

adore u (3:44)

Fred again.. & Obongjayar

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Written by: Umoh, Wimbley, Morales, Robinson, Wincorn, Parisi, Lister, Fred again..



EXPRESS FORMATS

30-MINUTE STRENGTH

Track 02A&B	Sun Salutations
Track 03A&B	Standing Strength
Track 04	Balance
Track 05A&B	Core – Abdominals
Track 06	Core – Back
Total Time	25:34
Track 10	Relaxation/Meditation

30-MINUTE FLEXIBILITY

Track 01	Yoga Warm-up
Track 02A&B	Sun Salutations
Track 03A&B	Standing Strength
Track 04	Balance
Track 07	Hip Openers
Total Time	25:30
Track 10	Relaxation/Meditation

45-MINUTE STRENGTH

Track 01	Yoga Warm-up
Track 02A&B	Sun Salutations
Track 03A&B	Standing Strength
Track 04	Balance
Track 05A&B	Core – Abdominals
Track 06	Core – Back
Track 08A&B	Twists
Total Time	35:13
Track 10	Relaxation/Meditation

45-MINUTE FLEXIBILITY

Track 01	Yoga Warm-up
Track 02A&B	Sun Salutations
Track 03A&B	Standing Strength
Track 04	Balance
Track 07	Hip Openers
Track 08A&B	Twists
Track 09A&B	Forward Bends/Hamstrings
Total Time	40:10
Track 10	Relaxation/Meditation

PLEASE NOTE:

- Due to the time restriction in the 30-minute Strength format, please use the Sun Salutations track as your Warm-up.
- 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.
- You now have the option to teach the Track 05 Hip Openers track in the Track 07 position after Core – Back.
- If using the Tai Chi Warm-up track, adjust your playlist accordingly.

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.

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		
V	Verse		

RELEASE FEEDBACK

Tell us what you think of this release.
Visit <http://www.lesmills.com/release-feedback>



01. YOGA WARM-UP

TRACK FOCUS

Connect with the body through breath to mobilize and activate the body.

EQUIPMENT

Mat to 45°

	MUSIC			EXERCISE	CTS	REPS
0:09	V1 / Walking on a dream	4x8	A	Inhale/Exhale – EXTENDED MOUNTAIN POSE , facing L Inhale/Exhale – BABY BACK BEND	16 16	
0:26	PC / We are always	4x8	B	Inhale/Exhale – FORWARD FOLD	32	
0:44	C / _ Is it real	5x8	A+B	Inhale/Exhale – EXTENDED MOUNTAIN POSE Inhale/Exhale – BABY BACK BEND Inhale/Exhale – FORWARD FOLD	16 16 8	
1:05	V2 / Thought I'd never see	4x8	C	Inhale/Exhale – PLANK POSE	32	
1:22	PC / We are always	4x8	D	Inhale/Exhale – CHILDS POSE	32	
1:39	C / _ Is it real	4x8	C	Inhale/Exhale – PLANK POSE	32	
1:57	Br / _ Catch me	4x8	E	Exhale – CROCODILE POSE Inhale/Exhale – IGUANA POSE , lie prone, fingertips to floor, elbows lifted, chest lifted PREGNANCY OPTION: Cow Pose	8 24	
2:14	PC / We are always	4x8	F	Inhale/Exhale – DOWN DOG , walking through feet as desired	32	
2:30	C / _ Is it real	4x8	C+E	Inhale – PLANK POSE Exhale – CROCODILE POSE Inhale – IGUANA POSE Exhale – Reach arms B, alongside body, thumbs up	8 8 8 8	
2:47	Outro /	1x8	F	DOWN DOG , walk hands to FORWARD FOLD , roll up to standing	8	



01. WALKING ON A DREAM 2:54mins

TECHNIQUE AND COACHING

EXTENDED MOUNTAIN POSE TO FORWARD FOLD

LAYER 1

- Turn to the side
- Top of the mat
- Breathe in, Extended Mountain Pose
- Palms together
- Breathe out, Baby Back Bend
- **Squeeze glutes, Forward Fold**
- **Bend knees, lift belly**
- Relax head completely

PLANK POSE

LAYER 1

- Walk your feet back to Plank Pose
- Knees or toes
- Wrists under shoulders
- **Squeeze glutes**
- **Core braced**
- Back long and straight

LAYER 3

- Breathe in and come back to Plank Pose
- Breathe out and feel strong
- Draw everything into the mid-line
- Feel the core activation and powerhouse

CHILDS POSE

LAYER 1

- Knees wide
- Toes together
- Hips sit back to heels

LAYER 3

- Connect to your self
- Connect to your breath
- Breathe into your lower back

CROCODILE POSE TO IGUANA POSE

LAYER 1

- Exhale, lower down halfway
- Elbows in
- **Core braced**
- Pregnancy Option: Come to Cow Pose
- Lie down, arms wide to Iguana Pose
- Up on fingertips
- **Squeeze butt**
- Chin to chest

LAYER 3

- Shoulder blades squeeze together

DOWN DOG

LAYER 1

- Inhale, press back to Down Dog
- Exhale, lift hips high

LAYER 3

- Start pedaling the feet, warming up your hamstrings
- Feels great

ESSENCE TIPS

The simplicity of the Yoga Warm-up is a great way to help your participants connect with their breath and ground themselves. All the poses in this track will reappear later in the class. Use this opportunity to teach your participants the Names of the Poses, the Body-Part Directions and the key cues. This way, they become familiar with these elements early on.

Keeping the principles of Yoga in mind, we alternate in this track between extension and flexion. During an extension, such as Baby Back Bend or Iguana Pose, remind your participants to engage their glutes. This opens the hip joint and creates a gentle pull by tucking the tail bone towards the heels. This action can help alleviate tension in the lower back. During flexion, encourage your class to bend their knees slightly and draw the belly towards the spine. This reduces pressure in the lower back, which is especially helpful for those with tightness in this area. Remember, it is OK to pull your coaching back as we begin, allowing exploration into the music and how their bodies feel today. There is so much time and space to bring more depth to your coaching as we move through the workout. Let this Warm-up be about the connection with their bodies through breath and exploration.



02A. SUN SALUTATIONS

TRACK FOCUS

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

EQUIPMENT

Mat to 45°

MUSIC				EXERCISE		CTS	REPS
0:11	(Clicking noise / low vocal riff)	10x8	A	SUN SALUTATIONS SEQUENCE R			
				Inhale – EXTENDED MOUNTAIN POSE , facing L		8	
				OPTION: Baby Back Bend			
				PREGNANCY OPTION: Feet shoulder-width apart			
				Exhale – FORWARD FOLD		8	
				Inhale – LUNGE L (front foot B)		8	
				Exhale – DOWN DOG		8	
				Inhale – PLANK POSE , knees down		8	
				OPTION: On toes			
				Exhale – CROCODILE POSE		8	
				OPTION: On toes			
				Inhale – BABY COBRA POSE		8	
				OPTION: Up Dog			
				PREGNANCY OPTION: Cow Pose			
				Exhale – DOWN DOG		8	
				Inhale – LUNGE R (front foot F)		8	
				Exhale – FORWARD FOLD		8	
0:57	Ahh ah	10x8	A	REPEAT SUN SALUTATIONS SEQUENCE L		80	
1:42	Ahh ah	11x8	B	SUN SALUTATIONS WITH KNEELING LUNGE R			
				Inhale – EXTENDED MOUNTAIN POSE , facing L		8	
				OPTION: Baby Back Bend			
				PREGNANCY OPTION: Feet shoulder-width apart			
				Exhale – FORWARD FOLD		8	
				Inhale – KNEELING LUNGE L (front foot B), R knee lands		8	
				Exhale – LIFT ARMS O/H		8	
				Inhale – BABY BACK BEND		8	
				Exhale – DOWN DOG		8	
				Inhale – PLANK POSE , knees down		8	
				OPTION: On toes			
				Exhale – CROCODILE POSE		8	
				OPTION: On toes			
				Inhale – BABY COBRA POSE		8	
				OPTION: Up Dog			
				PREGNANCY OPTION: Cow Pose			
				Exhale – DOWN DOG		8	
				Inhale/Exhale – FORWARD FOLD , Walk or Jump		8	
				Note: Hold Forward Fold; sequence continues in next track			



02B. SUN SALUTATIONS

TRACK FOCUS

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

EQUIPMENT

Mat to 45°

	MUSIC		EXERCISE	CTS	REPS
0:01	V1 / The touch of	11x8 B (from previous track)	SUN SALUTATIONS WITH KNEELING LUNGE L Inhale – EXTENDED MOUNTAIN POSE , facing L OPTION: Baby Back Bend PREGNANCY OPTION: Feet shoulder-width apart Exhale – FORWARD FOLD Inhale – KNEELING LUNGE L (back foot B), R knee lands Exhale – LIFT ARMS O/H Inhale – BABY BACK BEND Exhale – DOWN DOG Inhale – PLANK POSE , knees down OPTION: On toes Exhale – CROCODILE POSE OPTION: On toes Inhale – BABY COBRA POSE OPTION: Up Dog PREGNANCY OPTION: Cow Pose Exhale – DOWN DOG Inhale/Exhale – FORWARD FOLD , Walk or Jump	8	
0:50	C / Drowning in the moment	11x8 B	REPEAT SUN SALUTATIONS WITH KNEELING LUNGE R OPTION: Keep knee lifted in Lunge with Baby Back Bend	88	
1:40	PC / Did you go	11x8 B	REPEAT SUN SALUTATIONS WITH KNEELING LUNGE L	88	
2:30	About you	3x8 C	Inhale – EXTENDED MOUNTAIN POSE Exhale – CHEST STRETCH , circle arms wide and down, clasp hands behind	8	16



02A. OCEAN DRIVE 2:41mins / 02B. SOMETHING ABOUT YOU (CHILL MIX) 2:46mins

TECHNIQUE AND COACHING

EXTENDED MOUNTAIN POSE TO FORWARD FOLD

LAYER 1

- Feet hip-width apart or together
- Extended Mountain Pose
- Inhale, circle arms over head
- Palms together
- Exhale, **bend knees to fold**
- **Lift belly**

LAYER 3

- Warming the body now
- Grow and bloom
- Let's connect with our heart space this round

LUNGE / KNEELING LUNGE

LAYER 1

- Inhale, Lunge
- Knee over ankle
- Chest lifts
- Something new coming up
- Kneeling Lunge
- Breathe in, arms over head
- Back Bend, **squeeze butt**

LAYER 3

- Open and expand yourself
- Hips come forward and you open up

DOWN DOG

LAYER 1

- Exhale, Down Dog
- Hips high
- Spine long

LAYER 3

- Spread your fingers

PLANK POSE

LAYER 1

- Inhale, roll forward into high Plank Pose
- Shoulders over wrists
- **Core braced**

LAYER 3

- Articulate the spine as you roll

CROCODILE POSE

LAYER 1

- On knees or toes
- Exhale, lower chest halfway down
- **Core braced**

LAYER 3

- Melt yourself down

BABY COBRA POSE / UP DOG

LAYER 1

- Pregnancy Option: Cat Stretch
- Roll the shoulders back and down
- **Squeeze glutes**
- Pressing up to full Up Dog

LAYER 3

- Open yourself up and enjoy

DOWN DOG / LUNGE / FORWARD FOLD

LAYER 1

- Exhale, push back to Down Dog
- Inhale, walk feet to hands
- Exhale, we Fold
- Option: Jump feet to hands

LAYER 3

- Brace the core if jumping



02A. OCEAN DRIVE 2:41mins / 02B. SOMETHING ABOUT YOU (CHILL MIX) 2:46mins

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 Stretch when you get to Baby Cobra Pose/Up Dog. Encourage them to use 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 second round. Plus physically breathe yourself to help the pacing of your cues so you Say, Do and Look out at your participants.

We add on to the sequence with the Kneeling Lunge with time to create a divine Baby Back Bend. This sequence progresses to a full-crescent Lunge with knee off the floor as another level of balance and strength in the final 2 rounds along with a walk/jump from Down Dog to Forward Fold.

Lastly, 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.



03A. STANDING STRENGTH

TRACK FOCUS

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

EQUIPMENT

Mat to 45°

	MUSIC			EXERCISE	CTS	REPS
0:00	Just breathe	8x8	A	Inhale/Exhale – WARRIOR 1 L, facing L, hands to hips	64	
0:32	Breathe _ / (Shaker)	8x8	A ¹	Inhale/Exhale – EXTENDED WARRIOR 1 L, chest F, arms reach O/H 45°	48	
				Inhale/Exhale – Circle arms wide and back, clasp hands behind back	24	
1:04	Breathe _ / (Keyboard)	24x8	A ²	WARRIOR 1 SEQUENCE L		3x
				Inhale/Exhale – WARRIOR 1 WITH FLAT BACK EXTEND L, hand clasped behind back	16	
				Inhale/Exhale – PYRAMID POSE R, straighten L leg, clasped hands press to ceiling	16	
				Inhale/Exhale – WARRIOR 1 WITH FLAT BACK EXTEND L, hand clasped behind back, bend L knee	16	
				Inhale/Exhale – Lift chest, straighten both legs, hands clasped behind back	16	
				OPTION: Through sequence, clasp elbows behind back		
2:40	(Quiet instr) / _ Just breathe	6x8	A	REPEAT WARRIOR 1 R, facing R	48	
3:05	Breathe _ / (Shaker)	8x8	A ¹	REPEAT EXTENDED WARRIOR 1 R and CIRCLE ARMS , clasp hands behind back	64	
3:37	Breathe _ / (Keyboard)	24x8	A ²	REPEAT WARRIOR 1 SEQUENCE R, facing R	192	
5:13	Breathe _ / (Keyboard)	8x8	B	Inhale/Exhale – TRIANGLE POSE L	32	
				Inhale/Exhale – TRIANGLE POSE R	32	
5:45	Breathe _ / (Outro)	4x8	C	Inhale/Exhale – GODDESS POSE , feet wide, knees bent, elbows bent, palms facing F	32	



03A. AMMAN 6:01mins

TECHNIQUE AND COACHING

WARRIOR 1 SEQUENCE

LAYER 1

- Find a Warrior 1 to the right
- Long step back
- Deep knee bend in the front leg
- Back leg is strong
- Together we breathe in
- Generous turn of hips and shoulders to the side wall as you exhale, ground
- Breathe in, Extended Warrior 1
- Reach to the diagonal
- Exhale, drop shoulders away from ears
- Clasp hands behind your back
- Hold the clasp
- Breathe and shift forward, Flat Back Extend
- Exhale, stay low in your legs
- Breathe in, Fold Forward
- Straighten front leg
- Arms over head
- Inhale, bend front leg to Flat Back Extend
- Exhale, **brace core** to stabilize hips and pelvis
- Inhale, come up, straighten front leg
- Exhale, open chest
- Option to clasp elbows rather than hands
- Let's do the other side
- Finding your alignment

LAYER 3

- Sink into the strength of your legs
- We have 6 minutes to explore strength and wonder in our Warrior 1 variations
- Draw knuckles down, lift chest
- Continue to flow with breath and movement
- Nose to knee as you fold
- Meet your body where it is today
- When you've found that place enjoy breath and movement
- I encourage you to get curious on this side – how might you do this today?
- We can find a joyous exploration of our strength today

TRIANGLE POSE / GODDESS POSE

LAYER 1

- Turn your toes to the right side
- Breathe in to lengthen spine
- Exhale to land below knee or ankle
- Finish in Goddess Pose

LAYER 3

- Breathe into your open heart

ESSENCE TIPS

We continue to grow and expand with our Standing Strength postures. This track provides a wonderful opportunity for your participants to explore the progression of the space, freedom and length of their bodies as we move through the Extended Warrior 1 sequence. The Warrior 1 flow starts with the foundational alignment of the pelvis positioning to the side wall, building into the hand clasp, to descend to a Flat Back Extension, Pyramid Pose and a standing open Chest Stretch. Invite your class to find their 'edge of the pose' using breath, to give them vitality and energy. These poses send life through your whole body when we focus on the strong action of the legs to allow the torso and arms to shine-out. Give the option of clasping elbows for comfort.

We want participants to stay in their bodies, flowing with their breath and movements. This means we must coach clearly so they don't feel the need to stop and look back at us. This is a strong track where they will need you, as the instructor, to encourage and support them. Use direct coaching to bring the focus to the breath, or to the shared experience that you have in your class. "Breathe together, move together."



03B. STANDING STRENGTH

TRACK FOCUS

Build power and strength through the entire body with alignment and breath.

EQUIPMENT

Mat to 45°

MUSIC		EXERCISE		CTS	REPS
0:00	Intro /	8x8	A	Inhale/Exhale – SIDE LUNGE (slow) L, facing F, hands to L thigh Inhale/Exhale – SIDE LUNGE (slow) R, facing F, hands to R thigh	32 32
0:34	PC / To come out	8x8	A ¹	REPEAT SIDE LUNGE (faster) L&R OPTION: Bring hands to floor	32
1:08	C / Only me and you _	4x8	B	Inhale/Exhale – FLOATING HALF MOON POSE R	32
1:25	V2 / Make me your matter	8x8	A ²	Inhale/Exhale – SIDE LUNGE L, facing F, hands to L thigh OPTION: Flex grounded foot, lifting toes Inhale/Exhale – SIDE LUNGE R, facing F, hands to R thigh OPTION: After 1 rep L&R, arms O/H	16 16 2x
2:00	C / Only me and you _	4x8	B	REPEAT FLOATING HALF MOON POSE L	32
2:17	Outro /	12x8	A ²	REPEAT SIDE LUNGE L&R	96



03B. ME & U 3:11mins

TECHNIQUE AND COACHING

SIDE LUNGE

LAYER 1

- Come to a low Lunge
- Feet are outside hip-width
- Hand on thigh
- Roll the shoulder blades back and down
- **Core is braced** as your hips push back
- Breathe and move from one side to the other
- **Knee over ankle**
- Faster transitions now
- Arms can stay lifted over head

LAYER 3

- Press energy through the feet
- Feeling the strength from the earth up the legs to the core

FLOATING HALF MOON POSE

LAYER 1

- Inhale, shift the weight into the front leg
- Exhale, start to lift the back leg off the floor
- Open hips and shoulders to front
- Arms extend wide
- **Bend your standing leg to find strength and stability**

LAYER 3

- Steady eye gaze for concentration
- Sit in your strength and power
- Resist the urge to 'dump' into flexibility

ESSENCE TIPS

This Standing Strength Lunge Sequence is stunningly beautiful and strong. We need foundational Layer 1 cues to set up alignment, breath and options for the Lunge and Floating Half Moon Pose. The focus is on building incredible strength in our hips and core through dynamic stability.

Giving participants autonomy over their options in class provides more success for their overall experience and enables them to explore what is possible today.

Share your enjoyment of how this song connects you and your body to some fantastic feelings. Breath is the thread linking this sequence of poses, so coach and show it.



04. BALANCE

TRACK FOCUS

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

EQUIPMENT

Mat to 45°

MUSIC		EXERCISE		CTS	REPS
0:00	V1/ Fault her	2x8	A	Inhale/Exhale – MOUNTAIN POSE , facing F Inhale/Exhale – INTENSE POSE WITH HEEL LIFT , bend knees, lift heels Inhale/Exhale – Arms O/H	8 4 4
0:20	Covered in everything	4½x8	A¹	INTENSE POSE WITH ARM SEQUENCE Inhale – ARMS CIRCLE TO L SIDE AND DOWN Exhale – ARMS CONTINUE CIRCLING TO R SIDE AND TO O/H , palms facing F Repeat to R Note: Last rep (L-R-O/H – 4cts)	2½x 4 4 8
1:04	V2 / Halt her	1x8	B	Inhale – ARMS O/H Exhale– DIVERS POSE , arms reach F	4 4
1:14	All her haunts	3x8	B¹	DIVERS ARM SEQUENCE Inhale – Arms circle wide to back Exhale – Arms sweep down to front	3x 4 4
1:43	Br / And I saw	1x8	C	Inhale/Exhale – DANCERS POSE L	8
1:53	And I tore	3x8	C¹	DANCERS POSE ARM SEQUENCE L Inhale – R arm circles to R side and back Exhale – R arm sweeps low to front	3x 4 4
2:22	C / I would fake	1x8	C	REPEAT DANCERS POSE R	8
2:32	I would fake	3x8	C¹	REPEAT DANCERS ARM SEQUENCE R	24



04. ALPS 3:14mins

TECHNIQUE AND COACHING

INTENSE POSE WITH ARM SEQUENCE

LAYER 1

- *Intense Pose*
- *Feet together*
- *Inhale, lift your heels*
- *Exhale, bend your knees*
- *Inhale, lift arms over head*
- *Exhale, arms sweep*
- *Circle to the top*
- *Open the palms*
- *Reverse the arms*
- *At the top take a big inhalation*
- *Extend the arms*
- *Keep the heels lifted*
- *Exhale, Divers Pose*
- ***Strong through the belly***
- *Sweep backwards*
- *Reach forward as you hold Divers Pose*
- *Push the sit bones backwards*

LAYER 3

- *We are strong through our feet*
- *Sink deeper as you breathe*
- *We love the wobbles – that’s our bodies telling us we are working*
- *Receive the love we are giving you today*
- *Feel the shoulder blades moving together*

DANCERS POSE ARM SEQUENCE

LAYER 1

- *Grab the inside of the foot – big toe and thumb connect*
- *Inhale, bring knees together*
- ***Strong bent knee***
- *Exhale, ground and steady eye gaze*
- *Inhale, start to tip forward from the hips*
- *Get grounded, kick the foot into the hand*
- *Stay and circle arm back and forward*
- *Square hips to the floor as much as you can*

LAYER 3

- *Finding rhythm with your breath*
- *The more you kick the back leg, the more energy you bring into the Dancers Pose*
- *Arm floats wide and forward*

ESSENCE TIPS

As with all balancing poses, it starts with a quiet, centered mind connected to the breath. The objective is for participants to not only feel the breath in the poses but also how it can allow us to go a little further, or stay a bit longer. Coaching to the lower-body foundation of strength will provide the platform from which the grace will flow in the Intense Pose and Dancers Pose.

Regardless of what options your participants choose, whether they can hold their pose, or touch down regularly, celebrate their efforts. They are here, giving it a go, and it’s all about practice. Encourage them to shake out their arms and legs any time, approaching the poses with a sense of possibility and curiosity.



05A. CORE – ABDOMINALS

TRACK FOCUS

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

EQUIPMENT

Mat to 45°

MUSIC		EXERCISE		CTS	REPS
0:03	V / I said hey	4x8	LIE SUPINE , facing R, legs to 90° OPTION: Legs to 45° PREGNANCY OPTION: On elbows	32	
0:18	I said hey	4x8	A LEG SCOOPS Inhale – Toes lower, scooping in towards body, knees bent Exhale – Knees over hips Inhale/Exhale – Toes lower, scoop away, legs back to vertical OPTION: Legs to 45°	4 4 8	2x
0:34	C / Said hey	4x8	A ¹ LEG SCOOP AND CRUNCH Inhale – Toes lower, scooping in towards body, knees bent Exhale – CRUNCH , reach arms towards feet, knees over hips Inhale/Exhale – Toes lower, scoop away, legs back to vertical OPTION: Legs to 45° PREGNANCY OPTION: Leg Scoops on elbows	4 4 8	2x
0:50	Said hey	5x8	A ² REPEAT LEG SCOOP AND CRUNCH , adding Pulse in Crunch After last Crunch, extend legs to vertical	40	2½x
1:10	Instr /	3x8	B Inhale/Exhale – C-CRUNCH PULSE , legs vertical, hands reach towards feet, pulse (1ct up, 1ct down) OPTION: Knees bent Last 4cts, lower legs to 45°	20 4	10x
1:21	V2 / I said hey	8x8	C CROSS LEGS L&R Inhale/Exhale – Cross B ankle over front ankle Inhale/Exhale – Cross F ankle over back ankle PREGNANCY OPTION: Bent knees on elbows, cross legs	1 1	32x
1:53	C / Said hey	8x8	A ² REPEAT LEG SCOOP AND CRUNCH WITH PULSE	64	4x
2:24	Outro /	4x8	A ¹ REPEAT LEG SCOOP AND CRUNCH Last rep, hold legs at 90°	32	2x



05A. SAY HEY 2:47mins

TECHNIQUE AND COACHING

LEG SCOOP AND CRUNCH SEQUENCE

LAYER 1

- Lie down on floor, side-on
- Straighten legs to ceiling or to 45 degrees
- **Brace the core to keep the lower back close to the floor to stabilize pelvis**
- Learning the sequence
- Sweep legs down, knees over hips
- Breathe in through the nose and out through the mouth
- Add a Crunch, shoulders off the floor
- **Ribs to hips**
- Reach towards feet on the Crunch
- **Chin tucks in**
- Head down as legs extend
- Add a double pulse
- Extend legs to ceiling
- Pulsing Crunch

LAYER 3

- Feel the activation in the lower abs
- Stay connected to your breath
- Try and touch the ceiling
- If you lose your precision, feel free to take the option down to 45 degrees

CROSS LEGS

LAYER 1

- Legs to 45 degrees
- Criss-cross your feet
- **Brace abs to keep the lower back close to the floor**
- Option: Bend legs

LAYER 3

- A strong core strengthens your entire body

ESSENCE TIPS

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

Coaching is centered around the 3 B's (Back, Belly and Breath). The lower abdominal muscles have to react and switch on to stabilize the hips and pelvis as we set the movements for the Leg Scoop sequence and Cross Legs. Remind your participants to brace their belly and keep the lower back towards the floor to help them succeed in this track, as well as using constant reminders of powerful breathing (in through the nose and out through the mouth).

Offer encouraging cues to connect your participants into their bodies and discover what they are capable of. They often surprise themselves and we know the results are so worth it... Enjoy!



05B. CORE – ABDOMINALS

TRACK FOCUS

Coach to the 3 B’s – Belly, Back and Breath – for stability and control.

EQUIPMENT

Mat to 45°

	MUSIC			EXERCISE	CTS	REPS
0:01	V1 / Why can’t I	4x8	A	Inhale/Exhale – HOVER , on knees or toes, facing L	32	
0:18	My head’s about	4x8	A ¹	HOVER WITH ALT KNEE DROP (slow)		4x
				Inhale – L knee lands	4	
				Exhale – SWITCH , R knee down, L knee up	4	
				OPTION: From knees, lift one leg at a time		
0:35	PC / _ Away	4x8	A	REPEAT HOVER	32	
0:53	C / Oo , where’s the color	4x8	B	Inhale/Exhale – SIDE HOVER WITH ARM CIRCLE L , facing front, R arm circles from L (O/H), up, then R	14	
				OPTION: L knee to floor		
				Lower R arm, move through Hover to face B	2	
				REPEAT SIDE HOVER WITH ARM CIRCLE R	16	
				Last 2cts, move back to HOVER		
1:10	V2 / Maybe this is who	8x8	A ¹	REPEAT HOVER WITH ALT KNEE DROP (fast)		16x
				Inhale – L knee lands	2	
				Exhale – SWITCH , R knee down, L knee up	2	
				OPTION: Faster, 1 rep L&R = 2cts		
1:46	PC / _ Away	4x8	A	REPEAT HOVER	32	
2:03	C / Oo , where’s the color	8x8	B	REPEAT SIDE HOVER WITH ARM CIRCLE L&R	64	2x
				OPTION: Lift top leg in Side Hover		



05B. WHERE HAVE I GONE 2:42mins

TECHNIQUE AND COACHING

HOVER WITH ALTERNATING KNEE DROP

LAYER 1

- *Roll over for Hover*
- *Forearms parallel*
- *Elbows under shoulders*
- *On knees or toes*
- **Square hips to floor by bracing the abs**
- **Back long and straight**
- *Alternating knees*
- *Breathing in through the nose and out through the mouth*
- *Lift the front knee and the back knee*
- *Option: Reverse it and lift knee instead of dropping it*

LAYER 3

- *You can move faster now if you like – it's your experience*
- *For even more challenge, go faster*
- *Light touch on the knee*
- *Getting stronger*

SIDE PLANK WITH ARM CIRCLE

LAYER 1

- *Watch the preview of the Side Hover*
- *One knee down or Split Stance*
- *Let's do it together*
- *Turn to the front*
- *Circle the arm*
- **Brace abs to keep hips square to front**
- **Lift bottom hip to engage obliques**
- *Choose your level*
- *For the next level – lift the top leg*
- **Body moves as one**

LAYER 3

- *Stabilize hips and pelvis*
- *For the last reps, move with the breath to create control*
- *Move with the music to feel the love*

ESSENCE TIPS

The choreography in this track gives you space to set the foundations so your participants can move from a safe and stable base to enhance their Pilates experience.

We set the Hover focusing on alignment to create a strong position. We then flow from Hover with Knee Drops to Side Hover with variations for everyone.

As you progressively coach your 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.



06. CORE – BACK

TRACK FOCUS

Activate opening and strength in the back body.

EQUIPMENT

Mat to 45°

MUSIC		EXERCISE		CTS	REPS
0:00	Intro /	2x8	Set up IGUANA POSE PREGNANCY OPTION: Horse Stance	16	
0:09	(Trumpets)	6x8	A Inhale/Exhale – IGUANA POSE WITH PULSE , lift – 1ct, lower – 1ct PREGNANCY OPTION: Horse Stance, walk hands F and B		24x
0:36	V1 / _ Someone call a doctor	4x8	A ¹ IGUANA POSE WITH PULSE COMBO Inhale – 2x IGUANA POSE WITH PULSE Exhale – 2x IGUANA POSE WITH PULSE turning to front Inhale – 2x IGUANA POSE WITH PULSE Exhale – 2x IGUANA POSE WITH PULSE turning to back PREGNANCY OPTION: Hands on floor, lift one leg to horizontal at a time	4 4 4 4	2x
0:54	C / You wanna go _	8x8	B Inhale/Exhale – FLUTTER KICK L&R, arms F, fingertips to front	64	
1:30	V2 / _ Sometimes it	5x8	A ¹ REPEAT IGUANA POSE WITH PULSE COMBO	40	2½x
1:52	C / You wanna go _	4x8	B REPEAT FLUTTER KICK L&R	32	



06. FEELS THIS GOOD 2:12mins

TECHNIQUE AND COACHING

IGUANA POSE WITH PULSE COMBO

LAYER 1

- *Pregnancy Option: Come to Horse Stance*
- *Everyone else lie down on your belly*
- *Iguana Pose*
- *Arms out wide on fingertips*
- *Lift your chest*
- **Squeeze butt**
- *Keep going*
- *Pregnancy Option: Walking your hands out and in*
- *Breathing through your nose*
- *Exhale through your mouth*
- *Iguana Pose – pulse middle*
- *Front, middle and back*

LAYER 3

- *Keep the lower-body foundation strong by squeezing the butt*

FLUTTER KICK

LAYER 1

- *Arms reach forward*
- *Kick your feet*
- *Pregnancy Option: Lift one leg at a time*
- **Squeeze butt to stabilize lower back**

LAYER 3

- *Use your out-breath to breathe even more strength and power into your body*

ESSENCE TIPS

Coach your participants to squeeze their butt through the Iguana Pose and Flutter Kicks, offering the option of moving slower or taking a break when needed. If you have pregnant participants you can role-model the Pointer work. It's a super short track that is powerful and playful at the same time – so show your enjoyment of the moves and music in your own authentic way.



07. HIP OPENERS

TRACK FOCUS

Breath, autonomy and acceptance to sustain the poses.

EQUIPMENT

Mat to 45°

	MUSIC			EXERCISE	CTS	REPS
0:07	V1 / Wise men say	8x8	A	Inhale/Exhale – FROG POSE , facing front	64	
1:04	PC / Like a river	2½x8	B	Inhale/Exhale – MODIFIED HALF LOTUS L, L foot on floor in front, or on R calf or thigh, hands on floor to sides OPTION: Cow Face Pose L	20	
1:22	C / Take my hand	4x8	B ¹	Inhale/Exhale – MODIFIED HALF LOTUS WITH OPEN TWIST L, L arm crosses over R thigh, R hand to heart Inhale – Reach R arm to B, diagonal Exhale – SIDE BEND L	16 8 8	
1:50	PC / Like a river	6½x8	B ²	Inhale/Exhale – EXTENDED MODIFIED HALF LOTUS L, fold chest F	52	
2:35	C / For I can't help	2x8	B ³	Inhale/Exhale – EXTENDED MODIFIED HALF LOTUS TWIST L, turn chest to R, R hand to R thigh, L hand to heart or on floor to R	16	
2:50	PC / Like a river	2½x8	B	REPEAT MODIFIED HALF LOTUS R	20	
3:07	C / Take my hand	4x8	B ¹	REPEAT MODIFIED HALF LOTUS WITH OPEN TWIST R Inhale – Reach L arm to B, diagonal Exhale – SIDE BEND R	32	
3:36	PC / Like a river	6½x8	B ²	REPEAT EXTENDED MODIFIED HALF LOTUS R	52	
4:21	C / For I can't help	2x8	B ³	REPEAT EXTENDED MODIFIED HALF LOTUS WITH TWIST R	16	



07. CAN'T HELP FALLING IN LOVE 4:43mins

TECHNIQUE AND COACHING

FROG POSE

LAYER 1

- Take the knees wide
- Come to your elbows
- Kick the feet out
- Knees align with ankles
- Inhale, support on your elbows
- Exhale, **belly in and brace abs**

LAYER 3

- Come back to the Yoga breath
- In through the nose, out through the nose
- Use the breath to let go and release tension in your hips

MODIFIED HALF LOTUS

LAYER 1

- Easy cross leg, foot on shin or knee
- Option: Cow Face Pose
- Lift up, anchor sit bones to floor
- Open Twist
- Inhale, bring your hand to your heart
- Exhale, reach to the ceiling and C-shape your spine
- Stay in Cow Face Pose or Half Lotus
- Fold forward, **draw the belly in**

LAYER 3

- Explore what your body needs today
- Love is warm, light and can be an anchor
- Let the love grow and send it to the person in front of you

ESSENCE TIPS

This is a beautifully choreographed track as we move through all our favorite hip poses with an incredible song – Frog Pose, Half Lotus/Cow Face Pose.

Our body's structure is unique, so let's help move our participants to this place of acceptance by offering variations and encouraging exploration through all the poses as we celebrate love. It's all about the attitude we bring to teach this Hip Openers track. To help create an internal experience for your participants, only say what you need to say – which will allow the musical feel, emotion and words to shine through.



08A. TWISTS

TRACK FOCUS

A powerful anchoring of the base will encourage mobility through the Twists.

EQUIPMENT

Mat to 45°

MUSIC				EXERCISE	CTS	REPS
0:13	V1 / Holes in your	6x8	A	Inhale/Exhale – KNEELING LUNGE TWIST R, facing L side, front leg F Inhale/Exhale – R hand behind head, elbow up Inhale/Exhale – Reach R hand to R side, or wrap R arm B	16 16 16	
0:51	V2 / Think fights are	2x8		Step feet together, then front leg B	16	
1:04	V2 cont. / _ Go take a	6x8	A	REPEAT KNEELING LUNGE TWIST L, face B, L hand behind head and reach L hand to L side, or wrap	48	
1:42	(Quiet)	¾x8	B	Inhale/Exhale – DOWN DOG	6	
1:47	V3 / _ That’s cute	8x8	B¹	Inhale/Exhale – DOWN DOG TWIST POSE R, B hand to front ankle or calf Inhale/Exhale – DOWN DOG TWIST POSE L, front hand to B ankle or calf, facing B	16 16	2x
2:38	The moon / (Echo)	½x8		Walk feet in to hands	4	
2:41	Instr /	2½x8	C	Inhale – EXTENDED MOUNTAIN POSE , facing L Exhale – INTENSE POSE TWIST R, bend knees, turn chest to front, R hand reaches to R, L hand crosses over R thigh	4 16	
2:57	(Low to high note)	1½x8	C¹	Inhale/Exhale – STANDING TWIST R, lift chest and R knee	12	
3:07	(Third beep-like noise)	2½x8	C	REPEAT EXTENDED MOUNTAIN POSE to INTENSE POSE TWIST L, turning to B	20	
3:22	Instr /	1½x8	C¹	REPEAT STANDING TWIST L, facing B	16	



08A. BLAME THE MOON 3:39mins

TECHNIQUE AND COACHING

KNEELING LUNGE TWIST

LAYER 1

- Inhale, front leg lunges forward
- Back knee down
- **Knee over ankle**
- Exhale, turn shoulders to the front
- Inhale, hand to head to open top shoulder
- Exhale, turn the shoulders to rotate
- You can extend your arm or wrap the arm around your back
- **Rotate from the center of your chest**

LAYER 3

- Take time to anchor the lower body so you can rotate
- What does your body need today?

DOWN DOG TWIST POSE

LAYER 1

- Step back to Down Dog
- Maybe step the feet closer together for more stability
- Back hand on front thigh or shin
- Bring your under-shoulder through
- Repeat to the other side
- Change again one more time

LAYER 3

- Inhale to lengthen and exhale to let the Twist happen
- Let it go

INTENSE POSE TWIST

LAYER 1

- Walk feet to hands
- Inhale, Extended Mountain Pose
- Exhale, Intense Pose Twist
- **Lift the chest**
- **Rotate from the center of the chest**
- Hips sit back and down
- Back hand on outside of knee to Twist
- You can stay here or lift the leg into a Standing Twist

LAYER 3

- Use the hand to provide the lever to Twist from

ESSENCE TIPS

Focus on 3 simple steps to Twist in each pose – anchoring, lengthening and turning/twisting: anchoring down through the points of connection on the floor, lengthening up through the spine to create space to move from, and then exhaling to Twist.

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



08B. TWISTS

TRACK FOCUS

Allow the Twists to happen using breath.

EQUIPMENT

Mat to 45°

MUSIC		EXERCISE		CTS	REPS
0:00	Intro /	1x8	A	Inhale/Exhale – CHILDS POSE , facing L	
0:06	V1 / _ Ask me what	2x8	A ¹	Inhale/Exhale – TWISTED CHILDS POSE L, R arm under L arm, chest turns to B	16
0:19	V1 cont. / _ Maybe I came here	2x8	A ²	Inhale/Exhale – KNEELING OPEN TWIST R, turn to front, R arm reaches O/H, L hand on floor, lift hips to kneeling	16
0:31	PC / _ But the look	2x8	A ¹	REPEAT TWISTED CHILDS POSE L	16
0:43	C / Boy , I ain't got	5x8	A ²	REPEAT KNEELING OPEN TWIST R	40
1:15	V2 / _ Couple drinks	4x8	A ¹ + A ²	REPEAT TWISTED CHILDS POSE R, L arm under R arm, chest turns to front REPEAT KNEELING OPEN TWIST L, facing B	16 16
1:40	PC / _ But he look	2x8	A ¹	REPEAT TWISTED CHILDS POSE R	16
1:52	C / Boy , I ain't got	5x8	A ²	REPEAT KNEELING OPEN TWIST L	40
2:23	Boy , I ain't got	1x8	B	Inhale/Exhale – WIDE-LEGGED FORWARD FOLD	8
2:29	C cont. / Boy , you're kind of	2x8	B ¹	Inhale/Exhale – WIDE-LEGGED FORWARD FOLD TWIST R, L hand on floor, R arm lifts OPTION: L hand to R ankle	16
2:42	C cont. / Love's coming around	3x8	B ¹	REPEAT WIDE-LEGGED FORWARD FOLD TWIST L, turning to B	24



08B. COMIN’ AROUND AGAIN 3:06mins

TECHNIQUE AND COACHING

TWISTED CHILDS POSE / KNEELING OPEN TWIST

LAYER 1

- *Let’s Twist and flow*
- *Come to Childs Pose*
- *Knees wide, toes together*
- *Hips back*
- *Inhale, front hand slides under back arm*
- *Exhale and soften*
- *Open Twist*
- *Turn shoulders to the front, lifting arm to ceiling*
- **Rotate from the center of the chest**

LAYER 3

- *Bring awareness to the rotation in your thoracic spine*
- *Feel the heart open and inner beauty shine*

WIDE-LEGGED FORWARD FOLD TWIST

LAYER 1

- *Wide-Legged Forward Fold*
- *Tuck toes under and walk hands back*
- *Inhale and open your Twist*
- *You can stay here, or deepen the Twist by grabbing your ankle*

LAYER 3

- *Stay connected; mind, body and soul*

ESSENCE TIPS

Following on from the first Twists track – keep all the rotation principles to create participant success.

Moments of silence will allow your participants time to feel and enjoy the stretch in their bodies as well as considering if they need to adjust so it feels as good as it possibly can. Coach to the balance of energy as we Twist or lift, and then a surrender and release as we settle into the Twists.



09A. FORWARD BENDS / HAMSTRINGS

TRACK FOCUS

A powerful anchoring of the base will allow space and freedom.

EQUIPMENT

Mat to 45°

	MUSIC			EXERCISE	CTS	REPS
0:09	V1 / I was walking	16x8	A	Inhale/Exhale – SIDE LUNGE R, hands to floor or R thigh, facing front OPTION: L toes lifted off floor Inhale/Exhale – SIDE LUNGE L	32 32	2x
1:23	V2 / Cut my hair	8x8	B	Inhale/Exhale – WIDE-LEGGED FORWARD FOLD Inhale/Exhale – WALK HANDS TO L FOOT , knee to nose Inhale/Exhale – WALK HANDS TO R FOOT , knee to nose Inhale/Exhale – WIDE-LEGGED FORWARD FOLD	16 16 16 16	
2:00	C / _ And now breathe	12x8	B ¹	WIDE-LEGGED FORWARD FOLD WITH CIRCLES L&R Inhale – Bend knees, hands together, arms and chest circle to L, up (arms O/H) Exhale – Arms and chest continue to R side, then back to WIDE-LEGGED FORWARD FOLD Repeat to R After 2 reps L&R, option to bring hands to heart in WIDE-LEGGED FORWARD FOLD	 8 8 16	3x
2:55	Outro /	2x8	B ²	Finish holding WIDE-LEGGED FORWARD FOLD	16	



09A. ALASKA 3:07mins

TECHNIQUE AND COACHING

SIDE LUNGE

LAYER 1

- Take your feet wide
- Breathe in
- Exhale, Side Lunge
- Hips back and down
- Option: Hands on thighs or floor
- Lift toes off floor for inner thigh engagement
- **Engage your core**
- **Lift chest**

LAYER 3

- Melt tension away by letting go with the breath
- Sometimes it's the most powerful thing we can do

WIDE-LEGGED FORWARD FOLD WITH CIRCLES

LAYER 1

- Wide-Legged Forward Fold
- **Bend knees and hinge forward from the hip**
- **Belly lifts**
- Walking hands to the right leg
- Grab your ankle for a deeper stretch
- Inhale, switch sides
- Exhale, nose to shin
- Come back to center
- Bend knees and come up, circling hands around head and fold
- **Engage your core** as you circle

LAYER 3

- Let your breath create the rhythm
- Kindness and acceptance around your mind and heart

ESSENCE TIPS

To help your participants feel successful, give them all the levels/options in the Side Lunge from the start so they can choose the one that feels best for their bodies.

By setting up Layer 1 cues precisely, especially when out of sight in the Wide-Legged Forward Fold, this will provide success for them and allow space to breathe, immersing themselves in the moment and poses.



09B. FORWARD BENDS / HAMSTRINGS

TRACK FOCUS

Breathe into the deep stretches for the hamstrings.

EQUIPMENT

Mat to 45°

MUSIC		EXERCISE		CTS	REPS
0:00	Intro / Hmm	12x8	A Inhale/Exhale – GORILLA POSE , fingers under balls of feet, facing L, feet hip-width apart OPTION: Forward Fold	96	
1:17	PC / You’re coming too	5½x8	B Inhale/Exhale – LOW SQUAT , turn feet out slightly, lower hips, hands to heart center OPTION: High Squat	44	
1:52	_ Depth over distance	5x8	C Inhale/Exhale – LYING HAMSTRING STRETCH R, lying supine, extend R leg up, holding thigh, calf or ankle. L leg bent or straight OPTION: Nose to knee, lift upper body	40	
2:24	C / So hold on	4x8	D Inhale/Exhale – HALF HAPPY BABY POSE R, bend R knee, bring feet wide, R hand to R foot, L arm wide on floor	32	
2:50	Oh hold on	5x8	E Inhale/Exhale – LYING ABDUCTOR STRETCH R, extend R leg, hold with L hand, R arm wide, R leg across body to B, R foot flexed PREGNANCY OPTION: Roll slightly onto L side, support with hand behind head on elbow if needed	40	
3:22	PC / Oh _ depth over distance	5x8	C REPEAT LYING HAMSTRING STRETCH L	40	
3:54	C / So hold on	4x8	D REPEAT HALF HAPPY BABY POSE L	32	
4:19	Outro / This ride we’re on	4x8	E REPEAT LYING ABDUCTOR STRETCH L	32	



09B. DEPTH OVER DISTANCE 4:48mins

TECHNIQUE AND COACHING

GORILLA POSE

LAYER 1

- *Stay in Forward Fold*
- *Slowly turn to the side*
- *Feet under hips*
- *Forward Fold*
- **Bend knees, lift belly**
- *Hands to the floor*
- *Option: Gorilla Pose*
- *Hands under feet*

LAYER 3

- *Allow the neck to fully relax*
- *Breathe in and shift the weight forward to feel length in the hamstrings*

LOW SQUAT

LAYER 1

- *Turn toes out slightly*
- *High or Low Squat*
- *Lower hips*
- *Hands to Prayer position*
- *Inhale, **lift your chest***
- *Exhale, press your **knees out over toes***

LAYER 3

- *Press knees out over toes, using your arms to stretch hips and lower back*

LYING HAMSTRING STRETCH / HALF HAPPY BABY POSE / LYING ABDUCTOR STRETCH

LAYER 1

- *Hands down*
- *Roll down for Lying Hamstring Stretch*
- *Front leg lifts*
- *Bottom leg bent or straight*
- *Inhale, shoulder on or off the floor*
- *Nose to knee*
- *Half Happy Baby Pose*
- *Grab the outside of foot*
- *Bend your knee, bringing it towards your ribs*
- *Pregnancy Option: Turn to the right slightly*
- *Other hand grabs the leg*
- *Inhale, take the leg across the body*
- *Exhale, feel the stretch down the outside of the leg*

LAYER 3

- *Relax shoulders and elbows as you breathe*
- *Breathe to find more space in your body*
- *Anchor both hips down in the Lying Abductor Stretch*

ESSENCE TIPS

This track provides an opportunity to stretch into the hamstrings and lower back starting in Forward Fold, with the option to build into Gorilla Pose. To help your participants to feel comfortable in these poses, start by giving them lower options and then gently encourage them to explore a deeper stretch with higher options. Give your class the control to choose what feels good for them on the day.

Half Happy Baby Pose: This new pose feels different in the lower back, being easier to keep the lower spine close to the floor while participants can feel the hips and hamstrings stretch at the same time.

Coach your participants to use their breathing to find calm and give them the space to connect with the music, the feeling of the poses and stay present in the moment feeling the energy of love and acceptance. Beautiful!



10. RELAXATION / MEDITATION

TRAIL 5:14mins

TRACK FOCUS

Create a breathing practice.

EQUIPMENT

Mat to 45°

We're going to make our way into our final pose. So, we invite you to find a position that is comfortable for you. Getting out any last wriggles, this is the perfect time to grab an extra layer of clothing as we settle into stillness.

You might want to wriggle the fingers, wriggle the toes, and walk the legs. If you've got any discomfort through the lower back, we invite you to either sit up or bring your knees together and let them gently fall inwards.

As you start to get out your last movements and wriggles, begin to breathe in through the nose and out through the nose. With every inhalation, you're inviting stillness and with every exhalation, you're inviting softness. Relax the cheeks, unclench the jaw, and release the tongue from the roof of your mouth. As you exhale, soften the shoulders, soften behind the knees, and find your natural rhythm of breath.

We're going to take an inhalation together, and on our next exhale, we're going to cultivate stillness.

As you maintain attention on your breath, feel each inhale and each exhale gradually becoming more subtle, breathing into a soft lower belly, consciously extending the length of your out-breath.

Let's connect to stillness. Often when we think of stillness, we can sometimes think of this as emptiness – but it isn't really. As we cultivate stillness, we create presence and silence within ourselves. This allows us to experience the fullness of life and all of the love that life has to offer. Feel the love in your heart. Thinking of someone that you care deeply for. Notice the stillness within. In many ways, stillness and love are synonymous. They are interconnected.

Notice that the quieter we become, the more we can hear. Let the slow rhythm of breath move you into the deepest state of relaxation and stillness that you have ever experienced. Stillness speaks to us.

Now take as much time as you need to slowly invite energy back into the physical body. Maybe wriggling the toes and fingers. In your own time, we'll slowly make our way up, back to a seated position.

And now it is time to 'flieg meine schönen Schmetterlinge'. (*Fly my beautiful butterflies.*)

Danke schön, Berlin! (*Thank you, Berlin!*)

Thank you so much from myself and the beautiful BODYBALANCE 107 team. Danke schön. Wunderbar! (*Thank you. Wonderful!*) Until next time.



BONUS

01. TAI CHI WARM-UP

TRACK FOCUS

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

EQUIPMENT

Mat to 45°

MUSIC		EXERCISE		CTS	REPS
0:05	Intro /	2x8	Set WIDE WU CHI , hands to heart center	16	
0:13	V1 / _ So much	8x8 A	CIRCLE, LUNGE SEQUENCE (slow) L&R Inhale – Hands circle around head, L to R, back to chest Exhale – 90/90 LUNGE L, facing L side Repeat to R	8 8 16	2x
0:44	PC / When you pray	12x8 A ¹	CIRCLE, LUNGE AND REACH SEQUENCE L&R Inhale – Hands circle around head, L to R, back to chest Exhale – 90/90 LUNGE L, facing L side, hands on chest Inhale/Exhale – Reach arms to L side at 45°, palms up Repeat to R	4 4 8 16	3x
1:30	PC / When you pray	14x8 A ²	CIRCLE, LUNGE AND DOUBLE REACH SEQUENCE L&R Inhale – Hands circle around head, L to R, back to chest Exhale – 90/90 LUNGE L, facing L side, hands on chest Inhale/Exhale – 2x Reach arms to L, 45°, palms up, reach out, draw elbows back, then reach again Repeat to R	4 4 8 16	3½x
2:24	Br / _ Start the moving	½x8	Set NARROW WU CHI , arms O/H, feet hip-width apart	4	
2:26	_ Start the moving	3½x8 B	BREATH SWINGS Exhale – Chest F, knee bend, arms swing B Inhale – Stand, reach arms O/H	2 2	7x
2:40	C / I adore you	4x8 B ¹	BREATH SWING WITH CIRCLE L&R Exhale – Chest F, knee bend, arms swing B Inhale – Stand, reach arms O/H Exhale – ARMS CIRCLE to L, down, R, knees bent Inhale – Arms O/H, heels lift Repeat to R	2 2 8 4 16	1x
2:55	I adore you	12x8 B ²	BREATH SWING WITH CIRCLE AND HEEL LIFT L&R Exhale – Chest F, knee bend, arms swing B Inhale – Stand, reach arms O/H Exhale – ARMS CIRCLE TO L, L HEEL LIFTS Exhale cont. – Continue Circle to R, R heel lifts, knees bent Inhale – Arms O/H, heels lift Repeat to R	2 2 4 4 4 4 16	3x



BONUS

01. ADORE U 3:44mins

TECHNIQUE AND COACHING

CIRCLE, LUNGE SEQUENCE

LAYER 1

- Come into Wide Wu Chi
- Feet outside shoulder-width
- Knees press out over the toes
- Toes turn in slightly
- Tuck tail bone under to engage belly
- Take a breath and bring your hands to heart center
- Circle arms over head to the right and lunge right
- Square hips to the side wall
- Breathe in as you circle
- Breathe out as you lunge
- Let's add on
- One circle and arm reach
- **Squeeze glutes**
- It's a Back Bend
- We add on even more
- This time Double Arm Reach

LAYER 3

- Yes, we adore that you are here with us
- It's like giving someone your love and passion
- Let it flow
- Reach even higher to the ceiling
- This sequence is full of positive energy
- We are breathing, warming and focusing

NARROW WU CHI

LAYER 1

- Let's release
- Feet under hips
- Lift arms and swing down
- **Bend knees**
- **Lift belly strongly**
- Chest towards thighs
- Chin tucks in
- New sequence
- Swing down and circle arms down and up
- Alternate the Heel Lift

LAYER 3

- Come deeper into the legs now
- Feel the rhythm of breath to energize the body
- Feel the breath as an extension of the body
- Draw a smile with your arms

ESSENCE TIPS

This Tai Chi Warm-up is pure joy and love. It allows us to breathe, release and connect with our bodies.

We have two blocks to warm up both the upper and lower body. Coach precise Layer 1 cues (BPD / breath) from the start, to ensure everyone can follow easily and maintain good alignment. Introduce the breath early to help your class quieten their minds.

Remember this is the ABC of Tai Chi: Alignment, Breath and Concentration.

For safety, remind your participants to engage their glutes during the Lunge with Arm Reach, as it includes a Back Bend. Similarly, encourage bending the knees and lifting the belly towards the spine during the Breath Swings to protect the lower back. Practicing these Tai Chi moves in front of a mirror will give you a feel for the sequence, allowing you to refine your wording and confidently role-model each move. Enjoy!



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 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.

