



BODYBALANCE 111



Presenters in this release:

Alex Bejarano (Mexico), Alexandra Borelli (France), Cathy Pirnack (Germany), Eileen Post (Germany), Elena Kohler (United States), Eleni Ioannou (Cyprus), Ender Biscaia (Brazil), Jessica Kahn (United States), Joseba Isteque (France), Kylie Gates (Australia), Liron Aharon (Israel), Marika Jingblad (Sweden), Natalie Westerveld (Netherlands), Nicole Delboeuf (Netherlands), Paola Quintero (Mexico), Prián Wong (Hong Kong), Sander Hoek (Netherlands), Suzana Skenderoski (Serbia), Trán Thanh Phú'ong (Vietnam)

Kia ora (hello) to our wonderful BODYBALANCE family!

Creating this release felt different – in the best and most expansive way. Being all the way down here in Aotearoa New Zealand, we feel the global heart of our community more strongly than ever at international filming time. The connection feels closer, even more powerful; like a reminder that our work isn't held by geography, but by movement, breath and shared purpose.

Thank you to every one of you who will pour your energy, love and presence into bringing this release to life. And a huge thank you to our incredible global presenting team – seeing you all on video, instructors from all over the world, makes us all feel part of something truly universal. Your passion carries across oceans.

We are deeply grateful to share with you, to grow with you, and to be part of a community that feels like one big inhale and exhale – different voices, but one heart and one rhythm.

So much love,
The BODYBALANCE Team xo

Jackie *Diana*

BODYBALANCE 111

MUSIC

EXPRESS FORMATS

01. YOGA WARM-UP

02. SUN SALUTATIONS

03. STANDING STRENGTH

04. BALANCE

05. CORE — ABDOMINALS

06. CORE — BACK

07. HIP OPENERS

08. TWISTS

09A. FORWARD BENDS / HAMSTRINGS

09B. FORWARD BENDS / HAMSTRINGS

10. RELAXATION / MEDITATION

BONUS

01. TAI CHI WARM-UP

DECLARATION OF INTENT

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TEACHING THE ESSENCE OF BODYBALANCE

6 Keys to unlocking the Mind-Body Experience:

Stay in a Balance Frame of Mind

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

Don't Pose

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

Keep Cues Simple

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

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

This is SBS

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

Our silence allows us to stay more
IN THE MOMENT.

Don't Waste Words

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

Question Yourself

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

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

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

Books:

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

Journey Into Power, Baron Baptiste (Simon and Schuster)

Dynamic Yoga, Kia Meaux (Dorling Kindersley Ltd)

Awakening the Spine, Vanda Scaravelli (Harper Collins)

Videos:

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 **Dance in the Sunlight** (3:00)
Lost Frequencies feat. Bandit
© 2025, Lost & Cie Music SRL, exclusively licensed to
Epic Amsterdam, a division of Sony Music Entertainment
Netherlands B.V.
Written by: de Laet, Gale, Thompson

Dance in the Sunlight (1:35)
Lost Frequencies feat. Bandit
© 2025, Lost & Cie Music SRL, exclusively licensed to
Epic Amsterdam, a division of Sony Music Entertainment
Netherlands B.V.
Written by: de Laet, Gale, Thompson

02 **Shade In The Summer** (5:07)
Lost In Pacific & Landon Ryle
© 2023 Beyond.
Written by: Khemissi, Ryle

03 **Free** (3:03)
Rumi, Jinu, EJAE, Andrew Choi & KPop
Demon Hunters Cast
Courtesy of the Universal Music Group.
Written by: Andrews, Kirk Jr., Sonnenblick

Free (3:05)
Rumi, Jinu, EJAE, Andrew Choi & KPop
Demon Hunters Cast
Courtesy of the Universal Music Group.
Written by: Andrews, Kirk Jr., Sonnenblick

04 **Howling Sirens** (3:28)
Victoria Perry, Emma Ellen & Nik
Brinkman
Courtesy of Les Mills Music Licensing Ltd.
Written by: Hollings, Brinkman, Ellen

05 **This Love** (3:56)
Klangkarussell & Poppy Baskcomb
© 2022 Bias Beach Records.
Written by: Held, Rieser, Baskcomb, Neville

06 **I'll Be Around** (3:55)
Elderbrook & Amtrac
© 2023 Mine Recordings.
Written by: Cornett, Kotz

07 **Suzanne** (3:30)
Mark Ronson & RAYE
© 2025 Sony Music Entertainment UK Limited.
Written by: Brenneck, Hagstrom, Keen, Ronson

Suzanne (1:32)
Mark Ronson & RAYE
© 2025 Sony Music Entertainment UK Limited.
Written by: Brenneck, Hagstrom, Keen, Ronson

08 **Eternity** (3:08)
Alex Warren
© 2025 Atlantic Recording Corporation.
Written by: Chapman, Hughes, Shapiro, Yaron

Eternity (0:48)
Alex Warren
© 2025 Atlantic Recording Corporation.
Written by: Chapman, Hughes, Shapiro, Yaron

09A **Incomplete** (4:49)
Victoria Perry
Courtesy of Les Mills Music Licensing Ltd.
Written by: Perry, Tekela-Pule

09B **Circle Of It All** (3:52)
Max Gunn
Courtesy of Les Mills Music Licensing Ltd.
Written by: Gunn

10 **Claire de Lune** (4:40)
Gabrielle Peake
© 2025 Bigpop Records.
Written by: DeBussy

BONUS
01 **Sapphire** (2:56)
Ed Sheeran feat. Arijit Singh
© 2025 Ed Sheeran Limited. Gingerbread Man Records
and Atlantic Records UK release, under exclusive licence to
Warner Music UK Limited.
Written by: Chouhan, Kotecha, McDaid, Puri, Salmanzadeh,
Sheeran, Singh

Sapphire (1:31)
Ed Sheeran feat. Arijit Singh
© 2025 Ed Sheeran Limited. Gingerbread Man Records
and Atlantic Records UK release, under exclusive licence to
Warner Music UK Limited.
Written by: Chouhan, Kotecha, McDaid, Puri, Salmanzadeh,
Sheeran, Singh



EXPRESS FORMATS

30-MINUTE STRENGTH

Track 01	Yoga Warm-up
Track 02	Sun Salutations
Track 03	Standing Strength
Track 04	Balance
Track 05	Core – Abdominals
Track 06	Core – Back
Total Time	27:09
Track 10	Relaxation/Meditation

30-MINUTE FLEXIBILITY

Track 01	Yoga Warm-up
Track 02	Sun Salutations
Track 03	Standing Strength
Track 04	Balance
Track 07	Hip Openers
Total Time	24:20
Track 10	Relaxation/Meditation

45-MINUTE STRENGTH

Track 01	Yoga Warm-up
Track 02	Sun Salutations
Track 03	Standing Strength
Track 04	Balance
Track 05	Core – Abdominals
Track 06	Core – Back
Track 08	Twists
Total Time	31:05
Option to add	Tai Chi Warm-up, Hip Openers or Forward Bends/Hamstrings
Total Time with Tai Chi Warm-up	35:32
Total Time with Hip Openers	36:07
Total Time with Forward Bends/Hamstrings	39:46
Track 10	Relaxation/Meditation

45-MINUTE FLEXIBILITY

Track 01	Yoga Warm-up
Track 02	Sun Salutations
Track 03	Standing Strength
Track 04	Balance
Track 07	Hip Openers
Track 08	Twists
Track 09A&B	Forward Bends/Hamstrings
Total Time	36:57
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.
- 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.
- If time allows, you can teach both the Tai Chi and Yoga Warm-ups in any of the formats.

RELEASE FEEDBACK

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



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.

TECHNICAL TEAM CREDIT

Technical Consultant – Dr. Gillian Hatfield

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		
Bold	Must-Do Cues		
V	Verse		



01. YOGA WARM-UP

TRACK FOCUS

Connect with the body through breath to mobilize and activate for the class ahead.

EQUIPMENT

Mat to 45°

MUSIC			EXERCISE		CTS	REPS
0:07	Intro / Dance in the	2x8	A	Inhale/Exhale – HORSE STANCE , facing L	16	
0:14	V1 / _ Hold off the	12x8	B	Inhale – CAT POSE Exhale – COW POSE OPTION: After 4 rounds, mobilize through spine in own way	8 8	6x
1:01	(Drop)	8x8	C	Inhale/Exhale – 3-LEGGED BEAR POSE R, hover knees off floor, lift front R foot ↓ OPTION: Bear Pose, no foot lift Repeat to L	16 16	2x
1:32	Sunlight anymore _	6x8	D	Inhale/Exhale – DOWN DOG , facing L, pedaling through feet	48	
1:55	C / Dance in the sunlight	2x8	E	Inhale/Exhale – 3-LEGGED DOG L, front leg lifts	16	
2:03	_ Anymore, anymore	2x8	F	Inhale/Exhale – Shift weight F, land back knee, front leg extends to 45° Inhale/Exhale – DIAGONAL POINTER L, extend back arm to 45°	8 8	
2:11	C / Dance in the sunlight	8x8	F¹	Inhale/Exhale – MICRO CIRCLES of extended hand and foot, any direction ↓ OPTION: Both hands to floor	2	32x
2:42	You give me	4x8	B¹	Inhale – CAT POSE Exhale – COW POSE	16 16	
2:57	I’m not going to	7x8	D	REPEAT DOWN DOG	56	
3:24	C / Dance in the sunlight	4x8	E–F	REPEAT 3-LEGGED DOG R, WEIGHT SHIFT and DIAGONAL POINTER R	32	
3:40	Dance in the sunlight	8x8	F¹	REPEAT MICRO CIRCLES	2	32x
4:11	Outro / You give me	4x8	G	Inhale/Exhale – FORWARD FOLD , walk feet into hands	32	



01. DANCE IN THE SUNLIGHT 4:35mins

TECHNIQUE AND COACHING

HORSE STANCE TO CAT / COW POSE

LAYER 1

- **Horse Stance, shoulders over wrists, knees under hips**
- Cat Stretch, rounding through back
- Cow Stretch, dropping belly
- Inhale to Cat Pose, exhale to Cow Pose
- Adding movement to feel more mobility in the spine

LAYER 3

- Moving between spinal flexion and extension
- Breathe energy into the body

3-LEGGED BEAR POSE

LAYER 1

- Bear Pose
- Tuck toes under, knees lift, front knee lifts
- **Hips and shoulders square to floor**
- **Core braced**
- Foot lifts, or lands

LAYER 3

- Awakening our core to find stability
- Feeling warmth through the whole body

DOWN DOG, 3-LEGGED DOG

LAYER 1

- Inhale to Down Dog
- Hands shoulder-width apart
- Feet hip-width apart
- Hips high
- Pedaling through feet
- 3-Legged Dog with a closed hip
- Inhale, front leg lifts straight up towards ceiling
- Exhale, **square shoulders and hips to floor**
- **Squeeze glutes on lifting leg**

LAYER 3

- Maybe moving through shoulders, feeling energy flow through our body
- Notice the release in the back of the legs
- Each breath is getting us warmer

DIAGONAL POINTER WITH MICRO CIRCLES

LAYER 1

- Weight shifts forward
- **Shoulders over wrists**
- Land back knee
- Back arm, front leg to 45 degrees
- Lifted arm and leg micro circles in any direction
- **Core braced**
- If you need to, bring both hands down to floor

LAYER 3

- Push through your hands, feel grounded and stable
- Notice how the core switches on to control the movement

FORWARD FOLD

LAYER 1

- Walk your feet to your hands
- Forward Fold
- **Soft knee bend**
- **Belly lifted**

ESSENCE TIPS

We start the Yoga Warm-up mobilizing the spine through Cat and Cow Poses. This is a wonderful way to begin our class, as it not only prepares us for the journey ahead but the simplicity of the poses with option to explore different ways to mobilize also creates a mind-body connection from the start. Use this simple flow to bring focus to the connection to breath, encouraging your participants to maintain that connection throughout the class.

The 3-Legged Bear Pose and Diagonal Pointer give us the opportunity to warm and engage the core early too! These strong poses in our Warm-up create a beautiful warmth and energy. Minds and bodies are engaged and ready for the workout ahead.

02. SUN SALUTATIONS

TRACK FOCUS

Clear coaching will enable your participants to follow easily, allowing them to immerse in the flow.

EQUIPMENT

Mat to 45°

MUSIC		EXERCISE		CTS	REPS
0:04	V1 / Tide still flows	18x8	A SUN SALUTATIONS SEQUENCE L		
			Inhale – EXTENDED MOUNTAIN POSE	8	
			Exhale – FORWARD FOLD	8	
			Inhale – KNEELING LUNGE R , back leg B, land knee	8	
			Exhale – KNEELING LUNGE TWIST R , lift front (R) hand O/H, turning chest to face front	8	
			Inhale – WINDMILL ARMS , L hand O/H, R hand to L calf/thigh, chest lifted	8	
			Exhale – HOLD	8	
			Inhale – LUNGE R , hands to floor, lift back knee	8	
			Exhale – DOWN DOG	8	
			Inhale – PLANK POSE , on knees	8	
			Exhale – CROCODILE POSE , on knees	8	
			Inhale – BABY COBRA POSE	8	
			PREGNANCY OPTION: Cat Pose		
			Exhale – DOWN DOG	8	
			Inhale – KNEELING LUNGE R , front leg F, land back knee	8	
			Exhale – KNEELING LUNGE TWIST R , lift front (R) hand O/H, turning chest to front	8	
			Inhale – WINDMILL ARMS , L hand O/H, R hand to L calf/thigh, chest lifted	8	
			Exhale – HOLD	8	
			Inhale – LUNGE R , hands to floor, lift back knee	8	
			Exhale – FORWARD FOLD	8	
1:18	In the summer _ Ooo	18x8	A REPEAT SUN SALUTATIONS SEQUENCE R	144	
			↑ OPTION: Lunge replaces Kneeling Lunge		
			↑ OPTION: Plank Pose and Crocodile Pose on toes		
			↑ OPTION: Baby Back Bend in Extended Mountain Pose		
			↑ OPTION: Up Dog replaces Baby Cobra Pose		
2:34	V2 / Tide still flows	18x8	A REPEAT SUN SALUTATIONS SEQUENCE L	144	
3:48	In the summer _ Ooo	18x8	A REPEAT SUN SALUTATIONS SEQUENCE R	144	



02. SHADE IN THE SUMMER 5:07mins

TECHNIQUE AND COACHING

EXTENDED MOUNTAIN POSE TO FORWARD FOLD

LAYER 1

- *Extended Mountain Pose*
- *Feet hip-width apart*
- **Squeeze butt**
- *Forward Fold*
- **Knees bent, belly lifts**
- *Inhale through the nose, exhale through the nose*

LAYER 3

- *Feel the release in your neck*
- *You and your breath*

KNEELING LUNGE TWIST

LAYER 1

- *Back leg steps back to Lunge*
- *Knee down*
- *Twist to front*
- *Front arm lifts over head*
- **Knee over ankle**
- *Twist, turning chest to front, front arm lifts over head*
- *Windmill Arms, back arm lifts*
- **Squeeze butt**
- *Land front hand on thigh*
- **Rotate from center of chest**
- *Inhale lift, exhale twist*
- *Knee down, or lifted off floor*

LAYER 3

- *Exhale, enjoy the Twist and stretch*
- *Feel the Twist energize your entire body*
- *Ease into the Twist*
- *Let your energy rise*

LUNGE TO DOWN DOG

LAYER 1

- *Hands to floor*
- *Lift knee*
- **Belly lifts on Down Dog**
- *Hand shoulder-width apart, feet hip-width apart*
- *Hips high*
- *Breathe in to Lunge, breathe out on Down Dog*

LAYER 3

- *Feel yourself grounding*

PLANK POSE TO CROCODILE POSE

LAYER 1

- *Roll through to Plank Pose*
- **Shoulders over wrists**
- *Knees down for first round*
- **Abs braced**
- *Crocodile Pose, lower with control*
- *Inhale to roll, exhale to lower*
- *On knees or toes*
- *Elbows in close to body*

LAYER 3

- *Find the strength*
- *Flow with your breath*

BABY COBRA POSE / UP DOG

LAYER 1

- *Baby Cobra Pose*
- **Squeeze butt**
- *Roll shoulders back and down*
- *Up Dog, breathe in*
- *Down Dog, breathe out*

LAYER 3

- *Opening in the chest; strength and stability in the lower body*



02. SHADE IN THE SUMMER 5:07mins

TECHNIQUE AND COACHING

ESSENCE TIPS

Our Sun Salutations track brings us a new move to explore with the Windmill Arms from the Kneeling Lunge Twist. Being able to find a safe rotation in the spine and fluidity in the arms forms a solid base to move from. As you set up the Lunge, encourage depth in the hips, and a strong glute squeeze as you do the Windmill Arms. Use the breath to guide your timing here. We hold the rotation for 8 counts once we have landed there. Think: inhale to move, exhale to stay.

Simple, clear Layer 1 cues are vital for this track, particularly when we are twisting away from our participants. Consider where in the sequence you can utilize Layer 3 coaching, and what moments would benefit more from using just Layer 1 cues.



03. STANDING STRENGTH

TRACK FOCUS

Coach alignment for strength and precision in the poses.

EQUIPMENT

Mat to 45°

MUSIC		EXERCISE		CTS	REPS
0:00	Intro /	2x8	A	Inhale/Exhale – MOUNTAIN POSE , facing L, hands to belly, fingers clasped, lift front (R) heel	16
0:14	V1 / _ I tried to hide	4¼x8	A¹	Inhale/Exhale – INTENSE POSE WITH HEEL LIFT R	8
				Inhale/Exhale – Hands under chin, fingers clasped, palms down, elbows wide	8
				Inhale/Exhale – Arms O/H, turn palms up, fingers clasped, palms pressing up	18
0:44	C / Why does it feel right	6x8	B	Inhale/Exhale – 90/90 LUNGE L, step front foot B	16
				Inhale/Exhale – BABY BACK BEND	16
				Inhale/Exhale – GODDESS ARMS	16
				On last 4cts, lower arms all the way down, cupping elbows behind back	
1:25	V2 / Time goes by	4x8	C	Inhale/Exhale – WARRIOR 2 L, hands holding elbows behind back	16
				↑ OPTION: Reverse Prayer hands	
				Inhale – Lift chest	4
				Exhale – SUN WARRIOR L, hands clasped behind, lean body to R	12
1:52	C / Why does it feel right	4x8	C¹	Inhale – CIRCLE ARMS wide to O/H	4
				Exhale – Clasp fingers, press palms together	12
				↓ OPTION: Sun Warrior L, R hand to R leg	
				Inhale/Exhale – SUN WARRIOR WITH GODDESS ARMS L	16
2:20	Br / _ So take my	4x8	D	Inhale/Exhale – EXTENDED WARRIOR 2 L, L elbow to L thigh	16
				Inhale – CIRCLE ARM L, down, wide to O/H	4
				Exhale – GODDESS ARMS	12
				↓ OPTION: L elbow to L thigh	
2:47	Outro / I tried to hide	2x8	E	Inhale/Exhale – FLOATING HALF MOON POSE L	16
3:03	Instr /	6¼x8	A–A¹	REPEAT MOUNTAIN POSE and INTENSE POSE WITH HEEL LIFT R, facing R	50
3:47	C / Why does it feel right	6x8	B	REPEAT 90/90 LUNGE R, BABY BACK BEND and GODDESS ARMS	48
4:28	V3 / Time goes by	8x8	C–C¹	REPEAT WARRIOR 2 , SUN WARRIOR and SUN WARRIOR WITH GODDESS ARMS R	64
5:23	Br / _ So take my	4x8	D	REPEAT EXTENDED WARRIOR 2 and GODDESS ARMS R	32
5:50	Outro / I tried to hide	2x8	E	REPEAT FLOATING HALF MOON POSE R	16



03. FREE 6:08mins

TECHNIQUE AND COACHING

MOUNTAIN POSE

LAYER 1

- Feet together
- Hands to belly

LAYER 3

- Draw quiet power into the core
- Exploring strength and freedom

INTENSE POSE WITH HEEL LIFT

LAYER 1

- Inhale, lift front heel
- Exhale, Intense Pose, sit back
- Sit down and back
- Tuck tail bone under, lengthening the spine
- **Core braced**
- Hands lift to collarbones, elbows wide
- Turn your palms up, press them high

LAYER 3

- Soften shoulders

90/90 LUNGE

LAYER 1

- Exhale, step front foot back to Lunge
- Both legs to 90 degrees
- Tilt pelvis back, **squeeze glutes**
- Baby Back Bend
- Pull shoulders back
- Goddess Arms, release hands, pull elbows wide

LAYER 3

- Find length along your spine
- Opening the front of the body
- Let your heart sing with full-body power

WARRIOR 2, SUN WARRIOR

LAYER 1

- Cupping elbows or hands to Reverse Prayer position
- Face the front, Warrior 2
- Feet wide
- Right toes turn out slightly, left toes to the front
- **Knee over ankle, hips square to front**
- Inhale, long spine; exhale, Sun Warrior, C-shape spine
- Circle arms, clasp hands or bottom hand can land
- Release to Goddess Arms
- Squeeze the whole back body

LAYER 3

- Find the strength in your legs
- So strong, so beautiful
- Feel energized
- Awaken the spine with more breath

EXTENDED WARRIOR 2

LAYER 1

- **Core braced**
- Extended Warrior 2, elbow lands on thigh or come lower
- Inhale, reach right arm; exhale, Goddess Arms
- Top hand pulls back

LAYER 3

- Pull your strength in

FLOATING HALF MOON POSE

LAYER 1

- **Core braced**
- Floating Half Moon Pose
- Eye gaze down, shift the weight
- **Squeeze glutes**
- **Slight bend in standing knee**
- Lift the leg with control

LAYER 3

- Find freedom in the sensation of weightlessness



03. FREE 6:08mins

TECHNIQUE AND COACHING

ESSENCE TIPS

This track is a fantastic opportunity to explore teaching alongside the music. The song is expansive, like it fills the room with feeling. There are some beautiful details in the arm-lines that complement the journey of the music. These small details add to the choreography, and also give us a coaching challenge. How will you clearly coach them, without speaking over the music? Practice your coaching for this track, only saying what is needed to get your participants safely into the shape, being aware of how much you can strip back, so you find space to create Layer 3 cues that complements the music and energy of the sequence.



04. BALANCE

TRACK FOCUS

Coach to steady eye gaze for concentration, and breath to flow with grace.

EQUIPMENT

Mat to 45°

MUSIC		EXERCISE		CTS	REPS
0:04	Intro /	1x8	Set up MOUNTAIN POSE , facing F	8	
0:12	V1 / Footprints on	5x8	A Inhale/Exhale – STANDING HALF LOTUS R, L ankle across R thigh or ankle, hands to thighs	16	
			Inhale/Exhale – REACH ARMS F	16	
			Inhale/Exhale – REACH ARMS O/H	8	
0:52	PC / Howling sirens	2x8	A ¹ Inhale/Exhale – WRAP L arm behind back, reach R arm to L diagonal, across chest	16	
1:07	C / Empty promise	4¾x8	B Inhale/Exhale – EAGLE POSE R, L leg over R, toes to floor or lift foot, L arm crosses over R, palms or backs of hands together	16	
			↓ OPTION: Forearms together		
			Inhale – Lift elbows	8	
			Exhale – Fold F	14	
1:46	V2 / You left your	6x8	A REPEAT STANDING HALF LOTUS L, REACH ARMS O/H	48	
			NOTE: Reach Arms O/H (16cts)		
2:34	PC / Howling sirens	2x8	A ¹ REPEAT WRAP R arm behind back, reach L arm to R diagonal	16	
2:50	C / Empty promise	4¾x8	B REPEAT EAGLE POSE L, lift elbows and fold F	38	

SMARTSTART

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



04. HOWLING SIRENS 3:28mins

TECHNIQUE AND COACHING

STANDING HALF LOTUS

LAYER 1

- *Standing Half Lotus*
- *Feet together, bend knees*
- *Cross right ankle over knee, or over the thigh*
- *Flex foot and press knee out over toes*
- *Exhale, hips back and down*
- **Belly in**
- **Hips square to front**
- *Steady eye gaze*
- *Inhale, reach arms forward*
- *Exhale, sink lower **keeping hips square to front***
- *Inhale, arms rise*
- *Exhale, shoulders down*
- *Inhale, wrap right arm behind back*
- *Exhale, reach left arm to corner*

LAYER 3

- *Feel your strength*
- *Building stability through strength*

EAGLE POSE

LAYER 1

- *Touch down to floor, Eagle Pose*
- *Right leg crosses over, right arm crosses over or palms together*
- *Foot down on floor or lifted*
- *Sink into your legs*
- *Inhale, lift elbows*
- *Exhale, **belly in**, fold forward*

LAYER 3

- *Find peace in stillness*

ESSENCE TIPS

Two moves with variations in this Balance track. There is a new feel in Standing Half Lotus, where we wrap an arm behind back, and reach to the diagonal with the other. The small rotation enhances spinal mobility and builds awareness of body alignment and coordination between the lower body and torso. Keep the hips level and squared forward, before adding the gentle rotation and engaging the core to maintain balance.

The Eagle Pose variation with same arm and leg crossing on top adds a mental and physical challenge as it is a different pathway to explore. You may find it challenges the stabilizers, as we encounter small, new imbalances and stretching dynamics. Remind your participants to anchor through their lower body, bending their knees and sitting their hips back as they explore the pose.



05. CORE – ABDOMINALS

TRACK FOCUS

Coach stability of the pelvis in all moves, and breath for control.

EQUIPMENT

Mat to 45°

MUSIC		EXERCISE		CTS	REPS
0:00	Intro /	4x8	A	Lie SUPINE , facing L, knees over hips PREGNANCY OPTION: On elbows	32
0:16	V1 / All we have	8x8	B	Inhale/Exhale – CRUNCH UP , reaching arms F ⬆️ OPTION: Legs to 45° NOTE: On last 4cts, arms and legs reach to 90°	64
0:49	C / (Beat)	4x8	C	Inhale/Exhale – PIKE CRUNCH , crunch up (2cts), lower (2cts) ⬇️ OPTION: C-Crunch, knees bent, arms reach to L PREGNANCY OPTION: Supported on elbows, knees wide, Toe Taps	4 8x
1:06	C cont. / (Faster beat)	4x8	D	CROSS CRAWL COMBO Inhale – CROSS CRAWL to front Exhale – Back to center, legs to 45° or knees bent Inhale – CROSS CRAWL to B Exhale – Back to center PREGNANCY OPTION: Toe Taps L&R	4x
1:23	(Guitar)	4x8	C	REPEAT PIKE CRUNCH	4 8x
1:39	(Guitar)	4x8	D	REPEAT CROSS CRAWL COMBO	8 4x
1:56	V2 / All we have	8x8	A–B	Lie SUPINE , facing R, knees over hips REPEAT CRUNCH UP	32 32
2:29	C / (Glockenspiel)	4x8	C	REPEAT PIKE CRUNCH	4 8x
2:45	C cont. / Oo oo _	4x8	D	REPEAT CROSS CRAWL COMBO	8 4x
3:02	(Guitar)	4x8	C	REPEAT PIKE CRUNCH	4 8x
3:18	(Guitar)	4x8	D	REPEAT CROSS CRAWL COMBO	8 4x
3:35	Outro / (Quieter)	4x8	B	Inhale/Exhale – HOLD CRUNCH UP , legs to 45° or knees bent	32



05. THIS LOVE 3:56mins

TECHNIQUE AND COACHING

CRUNCH UP

LAYER 1

- **Chin tucked in**
- *Breathe in through the nose, out through the mouth*
- *Breathe in, breathe out and Crunch Up*
- *Knees bent, or legs to 45 degrees for a little more challenge*
- **Ribs to hips**
- **Lower back towards floor**

LAYER 3

- *Lots of options – choose what is best for you today*

PIKE CRUNCH

LAYER 1

- **Slide ribs to hips**
- **Chin tucked in**
- **Lower back towards floor**
- *Pike Crunch*
- *Arms and legs rise to ceiling*
- *Crunch up and down*
- *Try to lift your tail bone off the floor*
- *Straight legs or bent knees*

LAYER 3

- *We are lifting, squeezing and getting stronger*

CROSS CRAWL COMBO

LAYER 1

- **Turn from center of chest**
- *Fingertips to temples*
- *Elbows wide*
- *Cross Crawl to the front, then center, to the back, then center*
- **Lower back towards floor in the center, hold**
- *Tap toes if needed*
- *Breathe out every time you turn*
- *Opposite shoulder to knee*

LAYER 3

- *Keep turning from the center of your chest to feel the obliques working*
- *A challenging and strong sequence*

ESSENCE TIPS

A Core track that targets upper, lower and side abs – all the good things! The Pike Crunch is an amazing move that primarily targets the rectus abdominis (upper abs), but adding the tail bone lift brings some work into the lower core as well. Coach to exhale as you Crunch Up, helping you fully engage the rectus abdominis.

The Cross Crawl Combination is a fantastic challenge as we hold the legs at 45 degrees in the middle, reducing the ability to use momentum to cross. As your participants fatigue, remember to offer options again to ensure everyone is moving safely and at the right level for them.



06. CORE – BACK

TRACK FOCUS

Coach the levels with inclusive language where everyone has a choice and their own experience.

EQUIPMENT

Mat to 45°

MUSIC		EXERCISE		CTS	REPS
0:00	Intro /	2x8	Set up HOVER , facing R	16	
0:08	V1 / _ I'll lend you	8x8	A Inhale/Exhale – HOVER , on knees or toes	64	
0:40	PC / _ Me little love	6x8	B Inhale/Exhale – HALF BOW POSE L, front hand to back foot	24	
			Inhale/Exhale – HALF BOW POSE R	24	
			PREGNANCY OPTION: Kneeling Half Bow Pose L&R		
1:04	C / I'll be around	8x8	C Inhale/Exhale – HOVER	16	
			Inhale/Exhale – SIDE HOVER L, facing F, bottom knee down on floor	16	
			↑ OPTION: Scissor feet		
			Inhale/Exhale – HOVER	16	
			Inhale/Exhale – SIDE HOVER R, facing B	16	
1:36	V2 / _ I've seen an angel	8x8	D Inhale/Exhale – LIE PRONE , reach arms O/H to R	32	
			↓ OPTION: Fingertips to floor		
			Inhale/Exhale – BACK EXTENSION , pull arms B, elbows bent	32	
			PREGNANCY OPTION: Pointer L&R (32cts each side)		
2:08	PC / _ Til they rest	8x8	B ¹ Inhale/Exhale – BOW POSE	64	
			↓ OPTION: Half Bow Pose L&R (32cts each side)		
2:40	C / I'll be around	16x8	D Inhale/Exhale – LIE PRONE , reach arms O/H to R	16	4x
			↓ OPTION: Fingertips to floor		
			Inhale/Exhale – BACK EXTENSION , pull arms B, elbows bent	16	
			PREGNANCY OPTION: Pointer L&R (16cts each side)		
3:44	Outro /	2x8	E Inhale/Exhale – CHILDS POSE	16	



06. I'LL BE AROUND 3:55mins

TECHNIQUE AND COACHING

HOVER

LAYER 1

- **Elbows under shoulders**
- On knees or toes
- **Core braced**
- **Engage glutes**
- Pilates breath – in through the nose, out through the mouth
- Eye gaze to floor to keep the neck long and safe

LAYER 3

- Push firmly into forearms to stabilize shoulders

HALF BOW POSE

LAYER 1

- Roll down, Half Bow Pose
- Grab the front foot with front arm
- Back arm reaches long
- Flex the foot
- **Squeeze glutes**
- Lift thigh off floor and chest lifted
- Push the foot firmly into the hand

LAYER 3

- Feel your chest expanding and your back body igniting

HOVER, SIDE HOVER

LAYER 1

- **Elbow under shoulder**
- Back to Hover
- Turn to the front, Side Hover
- Bottom knee may be down on floor
- **Shoulders and hips square to floor**
- **Turn body as one unit**

BACK EXTENSION

LAYER 1

- Come down to your belly
- Back Extensions
- Feet flat on floor, arms over head
- **Squeeze butt**
- Chest lifted
- Breathe in, draw elbows in
- Fingertips can come to floor

LAYER 3

- Feel the power in the back body
- Feel the breath expanding across the chest, opening our heart space
- Think about reaching a little further, then squeeze to fire up your back muscles
- Pilates breath guides and supports the movement

ESSENCE TIPS

There is a fun contradiction to explore in this Back track, with the light energy of the music and the strong poses. We can use the energy of the music to bring lightness and connection to our coaching – we will need it in this strong track!

We have the opportunity to progress from a Half Bow Pose to a Full Bow Pose later on in the track. The Bow Pose is an incredible move for opening through the chest, hips and shoulders, and for spinal mobility.

Use your Layer 1 cues to ensure your participants are moving from a place of strength, not pure mobility. This will allow them to strengthen the muscles of the posterior chain effectively, while keeping their spine safe. The glute squeeze is vital! Keeping knees hip-width apart, not letting them splay wide, and compressing the lower back are important to consider too.

As you move into the last round of Back Extensions, use the energy of the music to encourage and connect with your participants. A little praise can always go a long way!



07. HIP OPENERS

TRACK FOCUS

Coach and show breath, autonomy and acceptance in all the poses.

EQUIPMENT

Mat to 45°

MUSIC		EXERCISE		CTS	REPS
0:05	V1 / _ Her eyes are like the ocean	8x8	A	Inhale/Exhale – SWAN POSE R, facing R	32
				Inhale/Exhale – EXTENDED SWAN POSE R, FORWARD FOLD	32
				↓ OPTION: 90/90 Pose L	
0:43	C / Suzanne	6x8	A¹	Inhale/Exhale – EXTENDED SWAN POSE WITH QUAD STRETCH R, L hand holds L foot	48
				↑ OPTION: Mermaid Pose	
				↓ OPTIONS: Extended Swan Pose or Swan Pose R	
1:13	V2 / As time gives way	8x8	A	REPEAT SWAN POSE L and EXTENDED SWAN POSE L, lifting knees to roll and face L side	64
1:51	C / Suzanne	6x8	A¹	REPEAT SWAN POSE WITH QUAD STRETCH/MERMAID POSE L	48
2:21	Br / _ And I want	4x8	B	Inhale/Exhale – MODIFIED HALF LOTUS L, L foot on R calf or thigh, hands wide on floor	32
				↑ OPTION: Cow Face Pose L	
				↓ OPTION: Cross-Legged Pose L	
2:40	Instr /	4x8	B¹	Inhale/Exhale – MODIFIED HALF LOTUS WITH SHOULDER STRETCH L, R arm bent behind head, L hand to R shoulder or clasp fingers together	32
2:59	C / Suzanne	6x8+2	B²	Inhale/Exhale – FORWARD FOLD	64
3:30	Br / _ And I want	16x8	B–B²	REPEAT MODIFIED HALF LOTUS R, MODIFIED HALF LOTUS WITH SHOULDER STRETCH L and FORWARD FOLD	128
4:38	Outro /	4x8	C	Inhale/Exhale – SEATED STAR POSE, FORWARD FOLD	32



07. SUZANNE 5:02mins

TECHNIQUE AND COACHING

SWAN POSE, EXTENDED SWAN POSE WITH QUAD STRETCH

LAYER 1

- Back knee forward to 90/90 or Swan Pose
- **Heel to groin**, extend leg long
- **Hips roll towards floor**
- Stay lifted, or reach forward
- Quad Stretch – take hold of foot, draw into glute
- Mermaid Pose – foot into elbow crease, interlace fingers
- Square shoulders to side

LAYER 3

- Allow your body to melt towards the floor
- Breathing like a wave
- Open heart and hips
- Let your breath guide you, to be present in your body

MODIFIED HALF LOTUS

LAYER 1

- Modified Half Lotus
- Right leg in front, on calf, thigh or Cow Face Pose
- **Inhale, lengthen the spine; exhale, anchor sit bones**
- Reach left arm behind head, hold or bind
- Relax shoulders, fold gently forward
- **Lift belly**
- **Sit bones stay firmly on the mat**

LAYER 3

- Let each inhale bring you into your body; each exhale creates freedom and release
- Surrender into the stretch

SEATED STAR POSE

LAYER 1

- Seated Star Pose
- Soles of the feet together
- Knees wide
- **Belly in**
- Forward Fold

LAYER 3

- With each gentle wave of breath, release any tension

ESSENCE TIPS

This track is an amazing opportunity to tune into our bodies as we move through different hip-focused poses. Each variation allows time for internal exploration and connection. What is happening in our bodies as we add an option? Where do you feel it in your body? How does the progression impact the flow of breath? What feels best? Encourage a sense of curiosity and exploration, finding what feels good to our bodies today, while acknowledging that every body is different every day. Being present, in the moment, helps us honor what our bodies need today.



08. TWISTS

TRACK FOCUS

Focus on helping your participants to surrender, to enable more benefit from the Twists.

EQUIPMENT

Mat to 45°

	MUSIC			EXERCISE	CTS	REPS
0:00	V1 / Hear the clock	9x8	A	Inhale/Exhale – SEATED TWIST L ↑ OPTION: R elbow across L thigh, fingers up PREGNANCY OPTION: Open Seated Twist	72	
1:03	V2 / _ Another glimpse	9x8	A	REPEAT SEATED TWIST R	72	
2:05	Br / It's an endless night	2½x8		Stand, step feet wide, set up WIDE-LEGGED FORWARD FOLD HALF TWIST L	20	
2:24	C / Like an eternity	2x8	B	Inhale/Exhale – WIDE-LEGGED FORWARD FOLD HALF TWIST L , L hand to floor, R hand to lower back	16	
2:38	C cont. / In paradise	2x8	B¹	Inhale/Exhale – WIDE-LEGGED FORWARD FOLD FULL TWIST L , reach R arm up	16	
2:52	World alone	3x8	B²	Inhale/Exhale – WIDE-LEGGED FORWARD FOLD , both hands to floor	24	
3:13	C / Like an eternity	2x8	B	REPEAT WIDE-LEGGED FORWARD FOLD HALF TWIST R	16	
3:25	C cont. / In paradise	2x8	B¹	REPEAT WIDE-LEGGED FORWARD FOLD FULL TWIST R	16	
3:39	World alone	2½x8	B²	REPEAT WIDE-LEGGED FORWARD FOLD	20	



08. ETERNITY 3:56mins

TECHNIQUE AND COACHING

SEATED TWIST

LAYER 1

- **Turn from center of chest**
- Seated Twist
- Left leg underneath, right foot in front or across
- **Big toes and hips anchoring down**
- Inhale, lift chest
- Exhale, wrap left arm around back or elbow to outside of the knee or extended
- Right arm behind on floor
- Inhale, lengthen; exhale, rotate

LAYER 3

- Keep pressing your back hand into the floor to create space to Twist deeper
- Maybe this side feels different. Keep observing what is happening in your body
- Creating more space with every breath

WIDE-LEGGED FORWARD FOLD HALF TWIST, FULL TWIST

LAYER 1

- Wide-Legged Forward Fold
- Toes forward
- **Knees bent, belly in**
- Left hand to floor
- Right hand to lower back
- Use the hand to **square the hips to front**
- Inhale, lengthen the spine
- Exhale, **rotate from the center of the chest**
- Roll top shoulder back
- Extend top arm
- Forward Fold
- **Soft knee bend, belly in**
- Chin tucked in

LAYER 3

- Grow into the Twist with your breath

ESSENCE TIPS

We have a beautiful, sweeping track for Twists that creates incredible peaks in the music. The choreography matches this beautifully; as the music lifts, we grow or advance. Using the breath to grow and lengthen alongside these big music moments can be powerful too.

Focus on the anchor points in each Twist, to give a safe, steady base to move from. Then use our expansive Yoga breath to lengthen and rotate.

Allow your participants to really feel into the poses and music, by giving space for the music to come through, almost inviting the roll of the breath with each crescendo.



09A. FORWARD BENDS / HAMSTRINGS

TRACK FOCUS

Coach the levels for autonomy in the poses and breath to deepen your participants’ stretches.

EQUIPMENT

Mat to 45°

	MUSIC			EXERCISE	CTS	REPS
0:02	V1 / Ghost in this	2x8	A	Inhale/Exhale – MOUNTAIN POSE , feet hip-width apart, facing L	16	
0:12	V1 cont. / Contradiction	4x8	A ¹	Inhale – EXTENDED MOUNTAIN POSE Exhale – BABY BACK BEND	8	24
0:31	Crossing over	8x8	B	Inhale/Exhale – FORWARD FOLD WITH SHOULDER STRETCH ↓ OPTION: Hands to floor	64	
1:09	C / Take one for	8x8	C	Inhale/Exhale – LOW SQUAT , Prayer Hands ↓ OPTION: High Squat, hands to thighs	64	
1:48	C cont. / Take blood	4x8	B ¹	Inhale/Exhale – FORWARD FOLD	32	
2:07	In complete	4x8	D	Inhale/Exhale – KNEELING LUNGE TWIST R , step back foot B Inhale/Exhale – REACH R arm in circle from L to O/H to wrap behind back	16	16
2:26	V2 / Run away	2x8	B ¹	REPEAT FORWARD FOLD	16	
2:35	V2 cont. / Contradiction	4x8	A ¹	REPEAT EXTENDED MOUNTAIN POSE and BABY BACK BEND	32	
2:55	Call your name	8x8	B	REPEAT FORWARD FOLD WITH SHOULDER STRETCH	64	
3:34	C / Take one for	8x8	C	REPEAT LOW SQUAT	64	
4:12	C cont. / Take blood	4x8	B ¹	REPEAT FORWARD FOLD	32	
4:31	In complete	4x8	D	REPEAT KNEELING LUNGE TWIST L and REACH arm to wrap, facing B	32	



09A. INCOMPLETE 4:49mins

TECHNIQUE AND COACHING

EXTENDED MOUNTAIN POSE TO BABY BACK BEND

LAYER 1

- Feet hip-width apart
- Extended Mountain Pose
- Inhale, arms lift over head
- Exhale, Baby Back Bend
- **Squeeze butt**

LAYER 3

- Feel the breath

FORWARD FOLD WITH SHOULDER STRETCH

LAYER 1

- Forward Fold
- **Bend knees**
- **Tip forward from hips**
- **Belly lifts**
- Chin tucked in
- Hands can clasp behind back, driving knuckles away for a Shoulder Stretch

LAYER 3

- With every exhalation let your head become heavy
- Bend your knees as much as you need to, rest your chest towards your thighs
- Letting the breath nurture body and soul, finding acceptance and completeness
- Embrace the sensation of letting go

LOW SQUAT

LAYER 1

- Taking feet wider
- High or Low Squat
- Hands can be down by sides or to Prayer position
- **Chest lifted**
- **Long spine**
- **Heels down on floor**

LAYER 3

- We are incomplete without the breath. Use the breath and feel your body move as one whole unit
- Use the calm breath to foster a calm mind

KNEELING LUNGE TWIST

LAYER 1

- **Front knee over ankle**
- Kneeling Lunge Twist
- Back leg, **long step back to Lunge**
- Drop knee, relax foot
- Breathe, top arm up and around behind back
- **Turn from the center of chest**
- Inhale to reach, exhale to rotate

ESSENCE TIPS

Some beautiful long held poses here to bring length to the back of the legs and opening in the hips. Forward Fold can be a beautifully restful, nourishing pose when we allow ourselves to surrender to it, really releasing the head towards the floor and breathing deeply. Encourage your participants to bend their knees as deeply as they need to, to rest belly towards thighs, so we are folding from the hips and not loading the lower back.

The Kneeling Lunge with Arm Circle brings some warmth and mobility back into the body. This is a lovely way to counter the deep work of the Forward Fold and Low Squat.

Use the flow of the music to encourage breath and internal connection.



09B. FORWARD BENDS / HAMSTRINGS

TRACK FOCUS

Encouraging anchoring and acceptance to find softness and release as we descend towards Relaxation/Meditation.

EQUIPMENT

Mat to 45°

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	12x8	A	Inhale/Exhale – WIDE-LEGGED STICK POSE , hands behind back on floor ↓ OPTION: Knees bent	96	
1:08	The tide of moon	4x8	A ¹	Inhale/Exhale – SEATED WIDE-LEGGED FOLD	32	
1:30	Breath of the wind	8x8	B	Inhale/Exhale – SEATED HALF FORWARD FOLD WITH SIDE BEND R, lift chest, L foot to R inner thigh, lift L arm Inhale/Exhale – ROLL top shoulder B	32	32
2:16	Instr /	8x8	B	REPEAT SEATED HALF FORWARD FOLD WITH SIDE BEND L and ROLL top shoulder B	64	
3:01	Breath of the wind	4x8	C	Inhale/Exhale – HALF TABLETOP POSE L, R knee bent, facing L	32	
3:23	Outro /	4x8	D	Inhale/Exhale – SEATED FORWARD FOLD , facing L PREGNANCY OPTION: Feet wide	32	



09B. CIRCLE OF IT ALL 3:52mins

TECHNIQUE AND COACHING

WIDE-LEGGED STICK POSE, SEATED WIDE-LEGGED FOLD

LAYER 1

- *Wide-Legged Stick Pose*
- *Legs can be bent or straight*
- **Anchor sit bones to floor**
- *Hands behind, close to hips*
- *Inhale, lift hips; exhale, tip pelvis forward and lower*
- *Fold forward*
- *Hands walk forward*
- **Belly lifts**

LAYER 3

- *Arrive in your body*
- *Keep opening your heart space*
- *Soften around jaw and shoulders*
- *Release any expectations; allow yourself to be free in this moment*

SEATED HALF FORWARD FOLD WITH SIDE BEND

LAYER 1

- *Chest lifted*
- *Right leg in*
- *Inhale, right arm lifts; exhale, Side Bend*
- **Anchor sit bones to floor**
- *Roll top shoulder back*

LAYER 3

- *Creating space in the side of your body*
- *Feel the deep opening of your shoulder and chest*

HALF TABLETOP POSE

LAYER 1

- *Half Tabletop Pose*
- *Fingers to the side*
- **Squeeze glutes to lift hips off floor**
- *Gently tuck chin in*

SEATED FORWARD FOLD

LAYER 1

- *Seated Forward Fold*
- *Knees bent*
- *Chest to thigh*
- **Draw belly in**
- *Slowly fold and extend*
- *Chin tucked in*

LAYER 3

- *Rest*
- *Take one more round of breath*

ESSENCE TIPS

The second Forward Bends/Hamstrings track acts as a beautiful transition into the Relaxation/Meditation. It provides opportunity for quietness, softness and acceptance.

Holding the Wide-Legged Stick Pose feels incredible and expansive, using the breath to open the front body as we encourage length in the hamstrings and hips. Then, finishing the track in the Seated Forward Fold shifts the attention internally. Encourage your participants to keep that gentle focus as you move into Relaxation/Meditation, using a vocal tone that matches this part of the workout. Inviting people to get to know themselves and their body better is part of the magic of BODYBALANCE.



10. RELAXATION / MEDITATION

CLAIRE DE LUNE 4:40mins

TRACK FOCUS

Create a breathing practice.

EQUIPMENT

Mat to 45°

Let’s set ourselves up now for our relaxation and meditation. Get warmer, or take in some water.

Pregnant members are going to be lying on their side. The rest of us will be lying in Corpse Pose. You can have your knees bent; let them fall in or stretch out – or you can sit up with me.

Wherever we are, let’s ground ourselves into our base. We can always take more from life when we are grounded; so as you take your next breath in, fill it up with all the energy that’s in this room. As you exhale through the mouth, release your breath to ground you even more. Tuck your chin in so your neck is long. Contact your breath. Bring your mind’s attention to your breath, simply following the rise and fall of the breath.

Let’s feel this incredible piece of music. It’s filled with all the emotions of this beautiful class we experienced together today. So give yourself this precious time; for your physical body to find more freedom, for your mind to have more freedom. And of course, your heart – feel into your heart space.

As you lie here, allow yourself to shine and glow. Glowing from the inside out. Nothing to do, just be. Maybe you have a little affirmation that you say to yourself. Breathe into it.

We’re going to slowly bring ourselves back up. No rush. Come up to an easy seated position. Long spine, soft face. Let’s bring our hands into our heart space. Feel the energy in your hands, and feel the energy in this room.

Thank you so much everyone – that was BODYBALANCE 111.

We’ll see you next time.



BONUS

01. TAI CHI WARM-UP

TRACK FOCUS

Focus on coaching breath to deeply warm the body.

EQUIPMENT

Mat to 45°

MUSIC		EXERCISE		CTS	REPS
0:07	V1 / You're glowing	2x8	Set up WIDE WU CHI	16	
0:16	V1 cont. / I know that	4x8	A ARM SWEEP, GODDESS SEQUENCE (slow) Inhale – Chest F, ARMS SWEEP down to cross (2cts), arms open (2cts), arms wide to O/H, straighten legs (4cts) Exhale – GODDESS POSE , bend knees and elbows, palms facing F	8 8	2x
0:37	C / Touching on your	4x8	A ¹ ARM SWEEP, GODDESS SEQUENCE (fast) Inhale – Chest F, ARMS SWEEP down to cross, arms open wide to O/H, straighten legs Exhale – GODDESS POSE , bend knees and elbows, palms facing F On last 2cts, arms to L at shoulder height	4 4	4x
0:56	V2 / Sadde dil te	4x8	B WEIGHT SHIFT AND BLOCK L&R Inhale – ARMS SWEEP down to R, Weight Shift R Exhale – SOFT BLOCK , press both palms to R Repeat to L	4 4 8	2x
1:17	Br / Meher koi jake	6x8	B ¹ WEIGHT SHIFT AND ALT BLOCK L&R Inhale – ARMS SWEEP down to R, Weight Shift R Exhale – SOFT BLOCK , press F (L) palm to R, then B (R) Repeat to L	4 4 8	3x
1:47	Ref / Mahurani do	4x8	A REPEAT ARM SWEEP, GODDESS SEQUENCE (slow)	16	2x
2:07	C2 / Palkaan Uthavate	10x8	A ¹ REPEAT ARM SWEEP, GODDESS SEQUENCE (fast)	8	10x
2:58	Sapphire _	½x8	Arms to L at shoulder height	4	
3:00	C / Touching on you	4x8	B ¹ REPEAT WEIGHT SHIFT AND ALT BLOCK L&R	16	2x
3:21	Ref / Mahurani do	4x8	A REPEAT ARM SWEEP, GODDESS SEQUENCE (slow)	16	2x
3:41	C2 / Palkaan Uthavate	10x8	A ¹ REPEAT ARM SWEEP, GODDESS SEQUENCE (fast)	8	10x



BONUS

01. SAPPHIRE 4:27mins

TECHNIQUE AND COACHING

ARM SWEEP, GODDESS SEQUENCE

LAYER 1

- *Step feet wide for Wide Wu Chi*
- **Knees press out over toes**
- *Tuck tail bone under*
- *Long spine*
- *Swing arms in front*
- **Lift belly**
- *Reach high*
- *Goddess Arms*
- *Inhale, reach high*
- *Exhale, squeeze shoulder blades together*

LAYER 3

- *Use the warmth to go faster*
- *These are our releasing moves, letting go through the shoulders*
- *Creating release and freedom in your body*

WEIGHT SHIFT AND BLOCK

LAYER 1

- *Arms to side*
- *Sweep down, Weight Shift*
- *Soft Block*
- *Inhale, **core braced***
- *Exhale, shoulders down*
- **Knee in line with toes**
- *Sweep front arm, then back arm*
- *Inhale to sweep, exhale to press*

LAYER 3

- *Bring in your focus*
- *Warming through the body to prepare us for the workout ahead*

ESSENCE TIPS

This track is a fantastic opportunity to establish connection with our participants right from the 'get-go'. The music has an infectious, joyful energy, and we are facing our class the entire time. Look out and see your participants, using your movement and facial expressions to show your love for the program.

As you move through the track, remember to bring attention to the lifted belly as we fold forward in the Arm Swing. While we are still getting warm, we want to ensure our lower back is supported as we shift forward.

The new feel of the Alternating Block is a great way to encourage mind-body connection. Taking the time to press one hand at a time forces us to slow down slightly and gives a moment of presence. This is a great way to set the tone for the class ahead.



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.

