



BODYBALANCE 108



Presenters L-R:

Kylie Gates (Australia), Dannielle Lally (New Zealand), Khiran Huston (New Zealand)

Hello, remarkable BODYBALANCE family!

We are all so grateful to have you with us on this exciting journey to share Yoga practice with the world. While Yoga can seem intimidating to some people, your incredible, supportive teaching allows thousands, possibly hundreds of thousands, of participants to gain all the benefits of Yoga.

We remain eternally grateful and committed to creating classes that you are going to want to teach, hopefully tracks in every release that you, personally, fall in love with, and workouts that allow everyone in front of you to enjoy and challenge their limits – whether they be learning to listen to their bodies and take it easy through mental effort, or gain strength and flexibility by increased physical effort.

This release is, of course, filled with music we adore and new patterns and movements that we feel create a balanced practice. We also welcome Dannielle to the presenting team for the first time!

Release 108 feels light and summery, with a lot of lovely lyrics and simple poses to hold or play with. There is a delicacy to many of the tracks that are placed alongside some of the bigger sounds and movements – we hope you can feel the intention in each track.

We always love to hear from you, and want to know how you feel about what we create each round.

Lots of love,
The BODYBALANCE Creative Team
XOXOXO

Jackie ¹ *Dana*

BODYBALANCE 108

MUSIC

EXPRESS FORMATS

01. YOGA WARM-UP

02A. SUN SALUTATIONS

02B. SUN SALUTATIONS

03. STANDING STRENGTH

04. BALANCE

05A. CORE – ABDOMINALS

05B. CORE – ABDOMINALS

06. CORE – BACK

07A. HIP OPENERS

07B. HIP OPENERS

08. TWISTS

09A. FORWARD BENDS / HAMSTRINGS

09B. FORWARD BENDS / HAMSTRINGS

10. RELAXATION / MEDITATION

BONUS

01. TAI CHI WARM-UP

DECLARATION OF INTENT

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

TEACHING THE ESSENCE OF 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

Wildflowers (3:46)
Zimmer & Panama
© 2019 Roche Musique.
Written by: Mours, McCleary
- 02A

Crazy (3:40)
PLÜM
© 2022 Inside Records.
Written by: Burton, Gian Piero Reverberi,
Gianfranco Reverberi
- 02B

Got Me Feeling (3:30)
Nik Brinkman & Sofia Machray
Courtesy of Les Mills Music Licensing Ltd.
Written by: Brinkman, Machray
- 03

You & Me (Rivo Remix) (6:49)
Disclosure feat. Eliza Doolittle
Courtesy of the Universal Music Group.
Written by: Caird, G. Lawrence, H. Lawrence, Napier
- 04

Everywhere, Everything (4:15)
Noah Kahan & Gracie Abrams
Courtesy of the Universal Music Group.
Written by: Kahan
- 05A

Like Water (3:18)
SANOI feat. Sofia Machray
Courtesy of Les Mills Music Licensing Ltd.
Written by: Machray, Fischer
- 05B

Water Flow (3:42)
Klyne
© 2017 Because Music LC33186.
Written by: Dehzad
- 06

Chemicals (2:36)
Lonely in the Rain & Oaks
© 2023 Inside Records.
Written by: Llanes, Nystrom, Oak
- 07A

She Said (Big Jet Plane) (2:53)
TRINIX & Queen D
© 2021 Inside Records.
Written by: A. Stone, J. Stone
- 07B

BIRDS OF A FEATHER (3:30)
Billie Eilish
Courtesy of the Universal Music Group.
Written by: F. O’Connell, B. O’Connell
- 08

Scared To Start (2:40)
Michael Marcagi
© 2024 Warner Records Inc., under exclusive license from
Michael Marcagi.
Written by: Yorio, Marcagi
- 09A

I Can Do Better (3:28)
bardz, Glacier & Becca Krueger
© 2024 bardz, Glacier, Becca Krueger under exclusive
license to Seeking Blue Records Inc, All Rights Reserved.
Written by: Willoughby, Bardzilowski, Kreuger
- 09B

i am not who i was (2:25)
Chance Peña
© 2023 Chance Peña.
Written by: Fedryk, Peña, Hubers
- 10

Embody (5:27)
Cay Works
Courtesy of Les Mills Music Licensing Ltd.
Written by: Gibb, Johnston
- BONUS
01

Dancing in the Flames (3:45)
The Weeknd
Courtesy of the Universal Music Group.
Written by: Tesfaye, Holter, Martin



EXPRESS FORMATS

30-MINUTE STRENGTH

Track 02A&B	Sun Salutations
Track 03	Standing Strength
Track 04	Balance
Track 05A&B	Core – Abdominals
Track 06	Core – Back
Total Time	27:50
Track 10	Relaxation/Meditation

30-MINUTE FLEXIBILITY

Track 01	Yoga Warm-up
Track 02A&B	Sun Salutations
Track 03	Standing Strength
Track 04	Balance
Track 07A&B	Hip Openers
Total Time	28:23
Track 10	Relaxation/Meditation

45-MINUTE STRENGTH

Track 01	Yoga Warm-up
Track 02A&B	Sun Salutations
Track 03	Standing Strength
Track 04	Balance
Track 05A&B	Core – Abdominals
Track 06	Core – Back
Track 08	Twists
Total Time	34:16
Track 10	Relaxation/Meditation

45-MINUTE FLEXIBILITY

Track 01	Yoga Warm-up
Track 02A&B	Sun Salutations
Track 03	Standing Strength
Track 04	Balance
Track 07A&B	Hip Openers
Track 08	Twists
Track 09A&B	Forward Bends/Hamstrings
Total Time	36:56
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		

TECHNICAL TEAM CREDITS

Technical Consultant – Dr Gillian Hatfield

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	Intro /	2x8	A	Inhale/Exhale – EXTENDED MOUNTAIN POSE , facing L	16
0:19	V1 / _ Let the wildflowers	4x8	B	Inhale/Exhale – SIDE BEND R, L arm O/H, R hand to R thigh, C-shape to front	16
				Inhale/Exhale – SIDE BEND L, circle arms up to switch	16
0:38	Br / Been calling louder	4x8	C	Inhale/Exhale – INTENSE POSE TWIST R, bend knees, turn chest to front, R arm reaches to R, L hand to R shoulder	16
				Inhale/Exhale – INTENSE POSE TWIST L, repeat to B, sliding L hand down R arm as arms move to R side, then continue to B, sliding R hand on L arm	16
0:57	C / The wildflowers	4x8	D	EXTENDED MOUNTAIN POSE TO FORWARD FOLD	2x
				Inhale – EXTENDED MOUNTAIN POSE	8
				Exhale – FORWARD FOLD	8
1:16	(Instr) / _ Growing the	12x8	E	KNEELING LUNGE TWIST R&L	3x
				Inhale/Exhale – KNEELING LUNGE TWIST R, B leg B, R arm O/H or to L thigh, turn to front	16
				Inhale/Exhale – KNEELING LUNGE TWIST L, step through Forward Fold, R leg B, turn to B	16
2:13	Ooo ooo / Tempo slows	2x8	F	Inhale/Exhale – DOWN DOG , pedaling feet	16
2:32	Ooo ooo	1x8	G	Inhale/Exhale – PLANK POSE , on knees or toes	8
2:42	C / The wildflowers / Tempo increases	2x8	H	Inhale/Exhale – HORSE STANCE	16
2:51	The wildflowers	10x8	I	SCORPION HIP CIRCLES R&L	5x
				Inhale – Lift R knee to SCORPION , toes pointing up	4
				Exhale – Circle R knee to front, circle down to HORSE STANCE	4
				Repeat to L leg	8



01. WILDFLOWERS 3:46mins

TECHNIQUE AND COACHING

EXTENDED MOUNTAIN POSE WITH SIDE BEND AND INTENSE POSE TWIST

LAYER 1

- Lie side on, on floor
- Top of the mat
- Mountain Pose
- Inhale, Extended Mountain Pose
- Exhale, palms together
- Inhale, Side Bend to the front
- Exhale, C-shape the spine
- **Inhale, squeeze butt as you transition**
- Exhale, Side Bend to the back
- **Inhale, bend knees, twist to the front**
- **Exhale, brace core to keep hips square**
- Inhale, twist to the back
- Try and look over your shoulder

LAYER 3

- Keep the lower body strong

EXTENDED MOUNTAIN POSE TO FORWARD FOLD

LAYER 1

- Extended Mountain Pose
- Inhale, arms circle
- **Squeeze butt**
- Exhale, Forward Fold
- **Bend knees**
- **Lift the belly**
- **Tuck the chin in**

KNEELING LUNGE TWIST

LAYER 1

- Inhale, back leg steps to Kneeling Lunge
- Exhale, Twist to the front
- Transition through Forward Fold
- Lunge again
- Hand on thigh or arm extended to the ceiling

LAYER 3

- Breathe and open the heart space
- As you lift inhale and as you Twist exhale
- Radiate your heart space

DOWN DOG, PLANK, SCORPION HIP CIRCLES

LAYER 1

- Inhale, press back to Down Dog
- Exhale, pedal the feet or stay still
- Inhale, roll forward to high Plank
- Exhale, option on knees
- Shoulders over wrists
- **Core braced, back long and straight**
- Find Horse Stance
- Knees under hips
- Scorpion front leg and hip opener
- Inhale to Scorpion
- Exhale to open the hip
- Keep hips level
- Shoulders square to the floor

LAYER 3

- The range is right for you when you can keep your hips level and shoulders square to floor
- Press the palms of the hands into the mat to mobilize and nourish the hips
- Hip and core activation

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. That way, they become familiar with these poses early on.

Clear coaching is important to get your class moving and warming up quickly. Remember, it is OK to strip your coaching back as we begin, allowing exploration into the music and how their bodies feel today. There is so much time and space to bring more depth to your coaching as we move through the workout.

Let this Warm-up be about connecting with their bodies through breath and exploration. These poses mobilize and awaken the spine, shoulders, core and hips, preparing your participants for the class ahead. Give choices of timing and ranges of motion so they can take what feels right for them today.



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

Mat to 45°

BODYBALANCE 108



02A. CRAZY 3:40mins

TECHNIQUE AND COACHING

MOUNTAIN POSE, SIDE BEND

LAYER 1

- Come into Mountain Pose
- Feet under hips or wider
- Side Bend to the front and the back
- **Squeeze butt as you do the Side Bend**

LAYER 3

- Feel your body opening up

EXTENDED MOUNTAIN POSE TO FORWARD FOLD

LAYER 1

- Inhale, Extended Mountain Pose or Baby Back Bend
- **Squeeze the butt**
- Tuck the chin in
- Prayer Hands through the center
- Exhale, **bend knees to fold**
- Tuck the chin in
- **Lift belly**

LAYER 3

- Let the neck completely relax

FLAT BACK EXTEND TO FORWARD FOLD

LAYER 1

- Flat Back Extend
- Inhale, lift halfway
- Hands to shins, spine long
- Exhale, Forward Fold
- **Bend knees**
- **Lift belly**

LAYER 3

- Can you feel your spine lengthening?

LUNGE TO DOWN DOG

LAYER 1

- Inhale, front leg steps back to Lunge
- Chest lifted
- Exhale, Down Dog
- Hips high

LAYER 3

- Use your breath to lift your chest
- Step back with energy

PLANK POSE TO CROCODILE POSE

LAYER 1

- Inhale, roll forward to high Plank Pose
- Shoulders over wrists
- Exhale, knees down for Crocodile Pose
- Lower all the way to the floor
- **Core braced**

LAYER 3

- Feel the bracing of the core for support

BABY COBRA POSE / UP DOG TO DOWN DOG

LAYER 1

- Inhale, Baby Cobra Pose
- Pregnancy Option: Cat Stretch
- **Squeeze glutes**
- Thighs off floor in Up Dog

LAYER 3

- Feel the shoulder blades squeeze to open the heart space

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 them to move into Cat Pose 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 – allowing them to fully immerse in the stunning sequence.



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
0:00	Intro /	2x8	A	Set up INTENSE POSE , facing L	16
0:10	V1 / _ It's going to	14x8	B	SUN SALUTATIONS SEQUENCE B L	
				Inhale/Exhale – INTENSE POSE , facing L	16
				Inhale/Exhale – INTENSE POSE WITH R (front) HEEL LIFT	16
				Inhale/Exhale – LUNGE L (front foot B), arms O/H	16
				Inhale/Exhale – WARRIOR 2 L	16
				Inhale/Exhale – TRIANGLE POSE L	16
				Inhale/Exhale – REPEAT INTENSE POSE WITH R HEEL LIFT	16
				Inhale/Exhale – AEROPLANE POSE L , R leg lifts, arms B	16
1:20	V2 / _ I didn't want	14x8	B	REPEAT SUN SALUTATIONS SEQUENCE B R	112
2:30	C / (Woo!), cause I	6x8	B ¹	INTENSE POSE TO AEROPLANE POSE SEQUENCE L	
				Inhale/Exhale – INTENSE POSE	16
				Inhale/Exhale – INTENSE POSE WITH R HEEL LIFT	16
				Inhale/Exhale – AEROPLANE POSE L	16
3:00	Haahh ah	6x8	B ¹	REPEAT INTENSE POSE TO AEROPLANE POSE SEQUENCE R	48



02B. GOT ME FEELING 3:30mins

TECHNIQUE AND COACHING

SUN SALUTATIONS SEQUENCE B, INTENSE POSE, INTENSE POSE WITH HEEL LIFT, LUNGE, WARRIOR 2, TRIANGLE POSE, INTENSE POSE WITH HEEL LIFT, AEROPLANE POSE

LAYER 1

- Intense Pose
- Feet together
- Inhale, arms over head
- Exhale, sit the hips back and down
- **Belly strong and braced**
- Inhale, lift the front heel
- Exhale, bring the weight into the back leg
- Step back with your front leg
- Inhale, Crescent Lunge
- Exhale, straighten back leg
- **Squeeze the butt**
- **Hips square**
- Inhale, open to the front
- Warrior 2
- Exhale, **knee over ankle**
- **Hips square to the front**
- Inhale, Triangle Pose
- Straighten leg and lengthen spine
- Exhale, open the body up
- Inhale, bend the front knee
- Step in to Intense Pose
- Exhale, heel lifted
- Inhale, Aeroplane Pose
- Exhale, chest lines up with hips
- **Core braced**
- Arms back

LAYER 3

- We are dynamically using our breath to power our movements
- Taking a long, powerful step back
- Feel the power in your body
- Keep peeling top hip backwards
- We like a little challenge
- Don't worry about the wobbles
- Let's fly as we do the Aeroplane Pose and dive
- One more time together

ESSENCE TIPS

The most powerful music matches the powerful foundations of the Sun Salutations. These poses develop incredible leg and core strength, along with mobility in the hips and shoulders for our second flow.

Integrate your Alignment and Breath cues to help participants achieve the pose intensity and flow of the sequence. Keeping the Layer 1 cues simple allows space for them to explore their own bodies and their needs in the present moment. Be clear when they face the back; coach: listen to my voice. And of course everyone learns differently; some participants learn through technical instructions and some learn by 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.



03. 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
0:03	Gonna be you	8x8 A	Inhale/Exhale – WARRIOR 2 L	64	
0:35	Gonna be you / (Drums)	8x8 A ¹	WARRIOR 2 FLOW L		2x
			Inhale – EXTENDED WARRIOR 2 L	8	
			Exhale – WARRIOR 2 L	8	
			Inhale – SUN WARRIOR L	8	
			Exhale – WARRIOR 2 L	8	
1:07	Instr / (Drums and vocals stop)	8x8 B	Inhale/Exhale – EXTENDED WARRIOR 2 , L elbow to L thigh, or L hand to floor or ankle OPTIONS: Wrap R arm behind back or bind	64	
1:38	Dreamed _ / (Synth)	10x8 C	Inhale/Exhale – 90/90 LUNGE L , facing L side, arms O/H	32	
			Inhale/Exhale – GODDESS ARMS , pull elbows wide, palms facing L, arms lower all the way down	48	
			OPTION: Baby Back Bend		
2:17	Gonna be you	17x8 D	LUNGE FLOW L		4¼x
			Inhale – Arms circle wide, reach arms and upper body to diagonal, palms down, straighten R leg	8	
			Exhale – Bend elbows, turn palms up, reach to diagonal	8	
			Inhale – LUNGE L , arms O/H, chest lifts	8	
			Exhale – 90/90 LUNGE WITH GODDESS ARMS L	8	
			Note: After last rep, add first move (reach to diagonal) to finish		
3:24	Gonna be you	8x8 A	REPEAT WARRIOR 2 R	64	
3:56	Gonna be you / (Drums)	16x8 A ¹	REPEAT WARRIOR 2 FLOW R	64	2x
4:27	Instr / (Drums and vocals stop)	8x8 B	REPEAT EXTENDED WARRIOR 2 R	64	
4:58	Dreamed _ / (Synth)	10x8 C	REPEAT 90/90 LUNGE WITH GODDESS ARMS R , facing R	80	
5:38	Gonna be you	17x8 D	REPEAT LUNGE FLOW R	8	4¼x



03. YOU & ME (RIVO REMIX) 6:49mins

TECHNIQUE AND COACHING

WARRIOR 2 FLOW

LAYER 1

- Let's find Warrior 2
- Feet are super wide
- Turn the toes of the right foot to the right side
- Press the left heel away
- Inhale, deep knee bend
- Exhale, **knee over ankle**
- Breathe arms wide and open the heart space
- Extended Warrior 2
- Inhale, elbow on thigh
- Exhale, Warrior 2
- Inhale, Sun Warrior, C-shape the spine
- Exhale, Warrior 2
- Inhale, Extended Warrior 2 again, hand to ankle
- Exhale, Warrior 2
- Inhale, Sun Warrior, soften
- Let's extend again and stay a little longer
- Elbow on thigh, ankle, half bind or full bind
- Right hand goes under, and you link your fingers together
- Lift your chest high and breathe

LAYER 3

- Press through the outside edge of the back foot so the inner arch lifts up; that will provide the strength we need to move from
- Take another deep breath, exhale – let it ground you
- Press your knee out over toes as you extend your Warrior
- Feel the strength in your lower body and feel the freedom in your upper body

LUNGE FLOW

LAYER 1

- Hand on thigh
- Let's come into our Lunge sequence
- Feet are hip-width apart
- 90/90 Lunge
- Back heel lifted
- Breathe the arms over head
- Exhale, drop shoulders
- Goddess Arms
- Breathe, reach the arms all the way down to your legs
- Baby Back Bend
- **Squeeze butt**
- Hold your Lunge
- Take another breath in – we are going to learn our flow
- Sweeping arms wide
- Sweep forward and hold
- Palms up, extend further
- Breathe up, arms over head
- Exhale, Goddess Arms
- Straighten the back leg on the Lunge
- **Brace the core to support you**
- One more sweep
- Hand on thigh
- Set the other side

LAYER 3

- Energy in our arms
- Let the breath guide you, let it fuel your passion
- Reach further if you can
- This is a big challenge today and in every pose we do we find the duality of strength and surrender
- Feel the strength as you rise and feel the surrender as you lower down
- We are always working the strength from the waist down and feeling the energy grow up inside of us, developing the inner strength, inner peace
- Wherever we are, let's open the back hip
- Squeeze the butt a lot to open the hips and deepen
- Remember that freedom; it's inside each and every one of us – find it



03. YOU & ME (RIVO REMIX) 6:49mins

TECHNIQUE AND COACHING

ESSENCE TIPS

We continue to grow and expand with our Standing Strength postures. This track provides a wonderful opportunity for your class to explore the progression of the space, freedom and length of their bodies as we move through a Warrior 2 Flow and the Lunge Flow.

Warrior 2 foundational alignment is open hips, with the focus on strength in the lower body and freedom in the upper body as we move through Extended Warrior and Sun Warrior with a long held Extended Warrior sequence with options to bind.

The Lunge Flow starts with the foundational alignment of the pelvis positioning, building into the flow of Crescent Lunge (back leg straightens) and 90/90 Lunge (back leg bends) with Goddess Arms creating a stunning back bend for extension.

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.

Share your enjoyment of how this song connects you and your body to some fantastic feelings.

Breath is the thread linking this sequence of poses. Aim to breathe with each pose, as well as leading with breath through each transition.

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



04. BALANCE

TRACK FOCUS

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

EQUIPMENT

Mat to 45°

MUSIC		EXERCISE		CTS	REPS
0:00	Intro /	2x8	A	Inhale/Exhale – MOUNTAIN POSE , facing front	16
0:16	V1 / Would we survive	4x8	B	Inhale/Exhale – EAGLE POSE L, L leg crossed over R, toes to floor or foot wrapped behind R calf/ankle, L arm under R arm, palms or backs of hands together	8
				Inhale/Exhale – FOLD CHEST F	8
				Inhale/Exhale – LIFT CHEST, EAGLE POSE L	16
0:48	PC / We didn't know	7½x8	C	Inhale/Exhale – KNEE TO CHEST L, L knee lifts	8
				Inhale/Exhale – SIDE LEG LIFT L, L knee to L side, hold back of thigh, R arm to R diagonal	52
				OPTION: Extend L leg, holding under thigh or peace fingers to big toe	
1:50	Instr /	1x8		Touch down, shake out legs	8
1:58	V2 / Drive slowly	4x8	B	REPEAT EAGLE POSE R, FOLD AND LIFT CHEST	32
2:30	PC / Couldn't know	8½x8	C	REPEAT KNEE TO CHEST R and SIDE LEG LIFT R	68
				Note: Hold Side Leg Lift R – 60cts (extra 8cts)	
3:38	Instr / (Guitar)	2x8	D	Inhale/Exhale – STAR POSE L, arms crossed over chest	8
				Inhale/Exhale – OPEN ARMS	8
3:54	C / Everywhere	2x8	D	REPEAT STAR POSE R, arms crossed, and open arms	16



04. EVERYWHERE, EVERYTHING 4:15mins

TECHNIQUE AND COACHING

EAGLE POSE

LAYER 1

- *Breathe and ground yourself into the floor*
- *Eagle Pose*
- *Inhale, bend knees*
- *Exhale, right leg crosses left*
- *Touching or wrapped*
- *Inhale, right arm scoops under*
- *Exhale, bend knees more*
- *Breathe, folding forward*
- *Rounding the spine*
- **Belly braced**
- *Breathe to lift the arms high*

LAYER 3

- *Breathing into the belly*
- *Inhaling to find height*
- *Exhaling to ground yourself*

SIDE LEG LIFT

LAYER 1

- *Inhale, unwrap, hug your right knee in towards chest*
- *Exhale, open knee to the side wall*
- *Opposite arm out to counterbalance*
- *Stay with Knee Lift*
- *Or extend the leg*
- *Or peace fingers hook big toe*
- *Lift chest and breathe*

LAYER 3

- *Find your full expressions today*
- *If you fall out of the pose, we have time so try again anytime*
- *Pregnant members – find what feels good for you today*
- *More opening, finding strength and surrender*
- *Closing up to release the back body*
- *Drawing energy from the bottom leg, surrender to balance*
- *We let go the fear of falling, the fear of comparison*
- *Welcome the chance to move our bodies in whatever way that feels good today*

STAR POSE

LAYER 1

- *Star Pose*
- *Hug yourself*
- **Hips and shoulders square to the front**
- *Lift the back leg*
- *Open arms*

LAYER 3

- *Nourishing hug and trust*

ESSENCE TIPS

As with all balancing poses, start 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. This is the key when moving from Eagle Pose to the Side Leg Lift where we hold for a long period of time. This long hold will be challenging for participants, so once you have them set up, coach from a place of encouragement and autonomy to ensure their success. Look out at your class, acknowledging effort, awareness and acceptance of where you are today in your journey.



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
0:04	Intro /	7x8	A	Inhale/Exhale – BOAT POSE , facing R, holding back of thighs or reaching arms to R, toes gently on floor, leaning torso B to 45° OPTION: Lift toes off floor, reach arms to R side PREGNANCY OPTION: Feet on floor, holding thighs	56
0:31	V1 cont. / _ Callin’	1x8		Roll down to SUPINE POSITION , holding back of thighs, facing R	8
0:35	Out to you	8x8	B	SINGLE LEG CRUNCH L&R Inhale/Exhale – L knee bent toward chest, R leg long, palms pressing onto L knee, elbows wide, crunching upper body up Inhale, exhale – Switch legs OPTION: Lower head to floor, bend knees, tapping toes to floor PREGNANCY OPTION: On elbows OPTION: After 4x reps, Scissor Crunch, straighten both legs	8x 4 4
1:06	C / For your love	8x8	C	SINGLE-LEG PILATES 100S L&R Inhale/Exhale – Hold SINGLE-LEG/SCISSOR CRUNCH L, arms reach alongside legs, PULSE ARMS up and down, palms down Inhale/Exhale – Switch legs; REPEAT PULSE ARMS PREGNANCY OPTION: Toe Tap L&R	32 32
1:37	Holding on	8x8	A	REPEAT BOAT POSE , and roll down to SUPINE POSITION	64
2:08	C / For your love	8x8	B	REPEAT SINGLE-LEG CRUNCH L&R	64
2:39	For your love	8x8	C	REPEAT SINGLE-LEG PILATES 100S L&R	64



05A. LIKE WATER 3:18mins

TECHNIQUE AND COACHING

BOAT POSE

LAYER 1

- *Pregnancy Option: Work from the elbow position*
- *Starting in Boat Pose*
- **Strong core brace**
- **High chest** position
- *Playing with toe-tapping the feet down*
- *Or knees above hips*
- *Holding the back of the thighs or arms extended*
- *Pilates breath – in through the nose and out through the mouth*

LAYER 3

- *Finding the sweet spot – core engagement and balance*
- *We want the high chest position to engage the core*
- *This is extremely challenging*
- *Feel the core activation as you breathe out*

SINGLE-LEG CRUNCH AND PILATES 100S

LAYER 1

- *Feet down*
- *Roll yourself down*
- *Single-leg stretches*
- *Shoulders off the floor*
- *One leg bent, one leg straight*
- *Light block with your hands*
- **Slide rib to hip**
- *Pressure into the thighs*
- *Toe-tap anytime*
- *Scissor the legs if you want more challenge*
- *We hold and pump the arms*
- **Keep lower back towards the floor**
- *Pilates 100s*
- *Option: Bend legs, toe-tap down*

LAYER 3

- *You can put your head down anytime and keep the pressure on the thigh*
- *You can dial it up or dial it down – toe-tap down, scissor the legs*
- *Holding on – super strong in the core engagement*
- *We want to feel the rib-to-hip connection*
- *Pregnant members – take a rest anytime you need*
- *You may want to pump your arms faster so that means more core activation*
- *You are only as strong as your core*

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 Boat Pose, Single-Leg Crunches and Pilates 100s.

Remind your participants to brace their core 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 them with their bodies and discover what they are capable of. They will often surprise themselves and we know the results are well worth it.



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
0:00	Intro /	4x8	Set up HORSE STANCE facing L LOWER DOWN TO ELBOWS PREGNANCY OPTION: Horse Stance	32	
0:18	Mm mm mm _	20x8 A	SCORPION FLOW R&L Inhale – SCORPION POSE R, lift front leg, knee bent, toes pointing up Exhale – OPEN HIP , L knee lowers to front Inhale – SCORPION POSE R Exhale – LOWER R KNEE to floor Repeat to L PREGNANCY OPTION: Same sequence from Horse Stance		5x
1:49	V2 / _ How about we	4x8 B	Inhale/Exhale – DOWN DOG , walk feet a little closer to hands	32	
2:08	PC / We will go	4x8 B ¹	DOWN DOG SCORPION FLOW R&L Inhale – DOWN DOG SCORPION R, lift front leg, knee bent, toes pointing up Exhale – OPEN HIP , L knee lowers to front Inhale – DOWN DOG SCORPION R Exhale – DOWN DOG Repeat to L OPTION: Core Flow from Horse Stance		
2:26	C / _ Flow water	16x8 B ²	DOWN DOG SCORPION AND FIREFLY FLOW R&L Inhale – DOWN DOG SCORPION R, lift front leg, knee bent, toes pointing up Exhale – FIREFLY R, weight shifts F to Plank, R knee to R elbow OPTION/PREGNANCY OPTION: Lower L knee Inhale – DOWN DOG SCORPION R Exhale – DOWN DOG Repeat to L OPTION: Core Flow from Horse Stance		4x



05B. WATER FLOW 3:42mins

TECHNIQUE AND COACHING

SCORPION POSE AND DOWN DOG FLOW

LAYER 1

- *Pregnancy Option: Work from Horse Stance*
- *The rest of us come down to your elbows*
- *Set the foundation*
- *Elbows under shoulders*
- **Core braced** before we start moving
- *Take a deep breath in*
- *Front leg, Scorpion, open hip, back to the Scorpion and lower down*
- *Switch legs*
- **Square hips to the floor** as we rise on the in-breath
- *Exhale, open hip*
- *Inhale, square hip*
- *Exhale, reset*
- **Squeeze the butt as you lift into Scorpion Pose**
- *Breathe and press back to Down Dog*
- *Bring feet in a few inches to stabilize the Down Dog*
- *Front leg, Scorpion leg*
- *Open the hip up then close and switch*
- *Keep the arms straight and locked*
- *Try a Plank with a Firefly*
- *We will progressively increase our range*
- *The open hip can progress to a Firefly*
- *Knee towards the elbow*
- *Bottom knee drops down to decrease intensity*
- *Shoulders stacked over wrists*
- **Core braced as you move**
- *Childs Pose*

LAYER 3

- *This is a Core Flow track*
- *Opportunity to tune into your breath and body – feel it*
- *Your breath guides every movement that you do*
- *Building hip strength and mobility as we work the core*
- *Keep the core strong as we move*
- *It's one of those poses you think 'can I get it?' – and when you get it, it's the most incredible feeling*
- *You can come back to Horse Stance anytime you want to*

ESSENCE TIPS

This Core Flow starts from the elbow position (pregnant members work from Horse Stance). This takes some load out of the shoulders while requiring more pelvis stabilization. Along with developing incredible core strength and control, we also build hip strength and mobility.

Integrate your Alignment and Breath cues to help participants achieve the flow of the sequence. Keeping the Layer 1 cues simple allows space for them to explore their own bodies.

We progress the flow from the elbows to the Down Dog position, which will put even more demand on stability and strength. Coach to the needs of your participants as you can progressively increase the ranges of motion each class they attend.



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	A	Inhale/Exhale – CHILDS POSE , facing L		16	
0:08	V1 / _ They say it's	4x8	B	Inhale/Exhale – PLANK POSE , on knees or toes		32	
0:24	_ Now I'm trying	4x8	B¹	PLANK POSE WITH ALT LEG LIFT R&L			2x
				Inhale – LIFT R (front) leg, rock weight F		4	
				Exhale – Lower R foot, PLANK POSE		4	
				Repeat to L		8	
0:40	C / Your chemicals	8x8	C	Inhale/Exhale – FLUTTER KICK , arms B alongside body		32	
				PREGNANCY OPTION: Horse Stance, extend and Pulse R leg			
				Inhale/Exhale – REACH ARMS O/H		32	
				PREGNANCY OPTION: Switch legs			
1:12	V2 / _ I wonder if	4x8	B	REPEAT PLANK POSE		32	
1:28	_ I keep trying	4x8	B¹	REPEAT PLANK POSE WITH ALT LEG LIFT R&L		32	
1:43	C / Your chemicals	8x8	C	REPEAT FLUTTER KICK AND REACH ARMS O/H		64	
2:15	Outro /	4x8	C¹	FLUTTER KICK WITH ARM CIRCLES			2x
				Inhale – CIRCLE arms B		8	
				Exhale – CIRCLE arms F		8	
				PREGNANCY OPTION: Cat/Cow Pose			



06. CHEMICALS 2:36mins

TECHNIQUE AND COACHING

PLANK POSE WITH ALTERNATING LEG LIFT

LAYER 1

- Set up on knees or toes for Plank
- **Back long and straight**
- **Core braced**
- **Shoulders over wrists**
- Leg Lift with a rock forward and back
- You can do this from a kneeling position as well
- Breathe in through the nose and out through the mouth

LAYER 3

- Pull the shoulders down; feel your strength before you start
- A micro lift of the leg
- Feel your breath

FLUTTER KICK WITH ARM CIRCLES

LAYER 1

- Pregnancy Option: Pulsing leg in Horse Stance
- The rest of us, on to our bellies
- Flutter Kick the feet
- **Squeeze glutes**
- Arms are back
- Thumbs are up as well
- Pregnant members, switch legs
- Everyone else, circle arms forward
- Pregnant members, come into Cat and Cow Poses
- The rest of us, circle forward and back

LAYER 3

- This pose is all about your postural muscles
- Breathe into the back ribs
- Keep squeezing the butt

ESSENCE TIPS

Simple back moves for this short track. We set the Plank focusing on alignment to create a strong position.

We then flow to Leg Lifts with the rock forward and back. Offer options for everyone to be successful before transitioning to the Flutter Kicks with the Arm Reach.

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.



07A. HIP OPENERS

TRACK FOCUS

Breath, autonomy and acceptance to sustain the poses.

EQUIPMENT

Mat to 45°

MUSIC		EXERCISE		CTS	REPS
0:01	V1 / She said _	20x8	A	Inhale/Exhale – HAPPY BABY POSE , facing R	160
				PREGNANCY OPTION: Roll from side to side, resting on side body as desired	
0:54	PC / Ay ay			After 12x8, option to extend legs, one at a time or both as desired	
1:30	V2 / _ Be my	8x8	B	Inhale/Exhale – FROG POSE , facing front	64
2:05	Instr / (<i>Chopped vocals</i>)	8x8	B ¹	Inhale/Exhale – FROG POSE WITH TWIST L, L hand on floor above L knee, turn chest to L	32
				REPEAT to R	32
				OPTION: Frog Pose	
2:42	Outro /	2x8	B	REPEAT FROG POSE	16



07A. SHE SAID (BIG JET PLANE) 2:53mins

TECHNIQUE AND COACHING

HAPPY BABY POSE

LAYER 1

- *Grab the back of the legs and roll yourself down*
- *Happy Baby Pose*
- *Grab the ankles, or inside or outside edges of the feet*
- *Actively press the feet into the hands to lengthen the tail bone towards the earth*
- *Pregnancy Option: Moving into a position of comfort – rolling side to side*

LAYER 3

- *This is your Hip Openers track so take the time to see what you need today; every day is a little different*
- *Maybe you want to straighten the legs out*
- *Maybe moving or still*
- *As you breathe, try to soften and release*

FROG POSE WITH TWIST

LAYER 1

- *Grab the back of the legs and roll up*
- *Frog Pose*
- *Knees wide*
- *Kick feet out*
- *Ankles line up with the knees*
- *Support yourself with your arms*
- *Finding your **strong abdominal brace***
- *Taking a deep breath in*
- *Exhale, slide the knees away*
- *Everything is an invitation – take a Twist if that feels good*

LAYER 3

- *If you need more cushioning, double up your mat*
- *When we Twist, we are rotating from the center of the chest*
- *Moving the shoulder blades in towards the spine*
- *Breathing in all the goodness that is here with us today*
- *Take one more breath and see if you can go a little further*



07B. HIP OPENERS

TRACK FOCUS

Breath, autonomy and acceptance to sustain the poses.

EQUIPMENT

Mat to 45°

MUSIC		EXERCISE		CTS	REPS
0:04	V1 / Want you to stay	12x8 A	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 Inhale/Exhale – FOLD CHEST F ON DIAGONAL OVER L THIGH , on forearms or hands	32	64
0:59	PC / _ I don't know	4x8 B	Inhale/Exhale – SIDE BEND R, R arm O/H	32	
1:17	I die	4x8 C	Inhale/Exhale – REACH R ARM B OPTION: Side Bend R	32	
1:36	V2 / I want you to see	12x8 A	REPEAT MODIFIED HALF LOTUS R and FOLD CHEST F ON DIAGONAL OVER R THIGH	96	
2:31	C / _ Birds of a feather	4x8 B	REPEAT SIDE BEND L, L arm O/H	32	
2:49	PC / _ I knew you	4x8 C	REPEAT REACH L ARM B	32	
3:07	Outro /	4x8 D	Inhale/Exhale – SEATED STAR POSE , holding feet or ankles	32	



07B. BIRDS OF A FEATHER 3:30mins

TECHNIQUE AND COACHING

MODIFIED HALF LOTUS WITH SIDE BEND

LAYER 1

- *Come into a seated position*
- *Modified Half Lotus*
- *Easy cross legs*
- *Or foot on the shin or knee or Cow Face Pose*
- *Inhale, anchor sit bones down*
- *Exhale, fold over your thigh*
- *Breathing to lift up*
- *Inhale to extend and lengthen*
- *Exhale to C-shape your spine*
- *Stay with the Side Bend or top arm reaches backwards*

LAYER 3

- *Continue with the duality as you find the stretching sensation in your hip. Where can you soften? The face, the jaw, the lower back?*

SEATED STAR POSE

LAYER 1

- *Star Pose*
- *Soles of the feet together*
- *Interlace the fingers*
- *Inhale to lengthen*
- *Exhale to deepen*

LAYER 3

- *We hope you can feel the energy*

ESSENCE TIPS (FOR TRACKS 7A AND 7B)

We have two incredible songs to move through all our favourite hip poses – Happy Baby Pose, 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 – which will allow the musical feel, emotion and words to shine through.



08. TWISTS

TRACK FOCUS

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

EQUIPMENT

Mat to 45°

	MUSIC			EXERCISE	CTS	REPS
0:01	V1 / Wearing an old dress	8x8	A	Inhale/Exhale – KNEELING LUNGE TWIST R, R ARM O/H , facing L, R leg F	32	
				Inhale/Exhale – REACH R ARM TO R	32	
0:27	C / _ Don't you	8x8	A ¹	LUNGE TWIST FLOW R		2x
				Inhale – LUNGE TWIST R , lift L knee, R arm O/H	16	
				Exhale – KNEELING LUNGE TWIST R , land L knee, reach R arm to R	16	
0:53	V2 / Dead grass	8x8	A ²	Inhale/Exhale – KNEELING LUNGE TWIST WITH QUAD STRETCH R , R hand holds L foot	64	
				OPTION: R hand to R thigh		
1:19	C / _ Don't you	8x8	A	REPEAT KNEELING LUNGE TWIST L, L ARM O/H , turning to B, switch sides through Forward Fold	64	
1:45	Br / Need a paycheck	8x8	A ¹	REPEAT LUNGE TWIST FLOW L	64	
2:11	C cont. / _ Do you want	8x8	A ²	REPEAT KNEELING LUNGE TWIST WITH QUAD STRETCH L	64	



08. SCARED TO START 2:40mins

TECHNIQUE AND COACHING

KNEELING LUNGE TWIST FLOW WITH QUAD STRETCH

LAYER 1

- Come to the top of the mat
- Side-on
- Kneeling Lunge
- Open to front
- Top arm lifts up
- **Rotate from the center of the chest**
- Extend the arm out long
- We are flowing
- Inhale, tuck the back toes to full Lunge Twist
- Exhale and lower to Kneeling Lunge
- Do that again, breathing as you move
- Quad Stretch or hand on thigh
- Grab the foot and work the foot towards the butt

LAYER 3

- Twist the upper body as you feel the sensations
- Keep opening and breathing
- Press energy out of the bottom hand for more opening
- Turn the front foot out to give your hips more space

ESSENCE TIPS

Focus on three 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 as you inhale, and then exhaling to Twist and release.

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.



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
0:02	Intro /	7x8	A Inhale/Exhale – CAMEL POSE , facing L, hands to lower back OPTION: Hands to ankles/heels	56	
0:58	V1 / Ooo ooo	2x8	B Inhale/Exhale – CHILDS POSE	16	
1:14	_ It hits a	4x8	C WALK FEET INTO HANDS Inhale/Exhale – FLAT BACK EXTEND , hands to shins	8 24	
1:45	C / Oh , no matter	4x8	D Inhale/Exhale – FORWARD FOLD WITH SHOULDER STRETCH , link hands behind back, press knuckles up OPTION: Forward Fold	32	
2:18	Instr / (Humming)	4x8	E Inhale/Exhale – LOW SQUAT , hands to heart center or arms open OPTION: High Squat	32	
2:50	C / Oh , no matter	4x8	D REPEAT FORWARD FOLD WITH SHOULDER STRETCH	32	



09A. I CAN DO BETTER 3:28mins

TECHNIQUE AND COACHING

CAMEL POSE

LAYER 1

- Camel Pose
- Knees hip-width apart
- Tuck toes under
- Inhale, hands come to lower back
- Exhale, **squeeze butt**
- Press your hips forward
- Hips stack over knees
- Draw the elbows in
- If you are able, you may reach back for your ankles

LAYER 3

- Shoulders are down away from the ears
- Lift your sternum
- Maybe shutting your eyes
- Feel the incredible opening through the front body and the strength in the back body

CHILDS POSE

LAYER 1

- Chin tucks in
- Childs Pose
- Knees wide
- Big toes together
- Sit the hips back
- Let the arms rest on the floor
- Forehead comes down

FLAT BACK EXTEND WITH SHOULDER STRETCH

LAYER 1

- Flat Back Extend
- Walk feet to hands
- Feet hip-width apart
- Inhale, hands to shins
- Exhale, lift the chest
- **Core braced**
- **Bend the knees even more**
- Shoulder Stretch or stay in Forward Fold
- Hands clasp behind your back
- Inhale to lift
- Exhale to take arms over head
- Feel the core strength

LAYER 3

- Bend your knees as much as you need to
- Find the length in your body
- Support yourself with your legs
- Feel the freedom
- Pull the shoulders away from the ears

LOW SQUAT

LAYER 1

- Slowly moving into High or Low Squat
- **Knees press out over toes**
- Arms may be extended or hands to heart space
- Breathe in and lift chest
- Exhale, **spine is long and straight**

LAYER 3

- Press through the outside edges of the feet to keep the inner thighs and core engaged

ESSENCE TIPS

The beauty of this track lies so much in the music – minimal cues will help bring the music to the forefront, allowing your participants to truly connect into their bodies with a sense of honoring where they are at today.

Coaching points: Focus on coaching solid foundations of the lower-body positioning (with options) so everyone feels successful, as well as coaching breath to stretch, rest and recover the body.



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 /	4x8	Set up SEATED HALF FORWARD FOLD L		32	
0:15	V1 / _ I've been living	8x8	A	Inhale/Exhale – SEATED HALF FORWARD FOLD L, R knee bent, foot to inside of L leg, L leg extended, fold chest over L thigh	64	
0:45	C / If I fly too	8x8	B	Inhale/Exhale – SPIRAL TWIST L, L arm O/H OPTION: Open L arm B after 4x8	64	
1:14	V2 / _ You keep me	8x8	A	REPEAT SEATED HALF FORWARD FOLD R	64	
1:44	C / If I fly too	8x8	B	REPEAT SPIRAL TWIST R	64	



09B. I AM NOT WHO I WAS 2:25mins

TECHNIQUE AND COACHING

SEATED HALF FORWARD FOLD WITH SPIRAL TWIST

LAYER 1

- *Hands to the floor*
- *Sit down*
- *Seated Half Forward Fold*
- *Inhale, foot into inner thigh*
- *Exhale, adjust and square your hips to front*
- *Inhale, bend your knees as much as you need to*
- *Exhale and Fold Forward*
- *Spiral Twist*
- *Hand close to butt*
- **Squeeze butt** and lift hips
- *Arm over head*

LAYER 3

- *Laying the chest over thigh*
- *You might stay here; you might open up*
- *Feel the breath creating more space in your body*
- *Nose to knee*
- *Take another breath wide into the back ribs*

ESSENCE TIPS

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

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



10. RELAXATION / MEDITATION

EMBODY 5:27mins

TRACK FOCUS

Create a breathing practice.

EQUIPMENT

Mat to 45°

Now's the time of the class when we settle into relaxation. So you may want to put on warm clothes or grab a drink. When you're ready, find a comfortable position. That might be in Shavasana with the legs long. You might bend the knees and let them rest on each other. If you're pregnant, come over to your side, and stack your knees. Or you may be seated.

When you've found that comfortable position, breathe in through the nose, close the eyes and then exhale. Relax.

For the next 4 minutes, we're going to create a place of peace. Starting with the breath, just continue your normal breathing pace. See if you can soften it. Maybe deepen your breaths – in through the nose, and then gently out through the mouth. With each breath, surrender to the relaxation.

We're going to create a place of peace using the elements around you. A place where you can feel supported, where you can feel safe. It might help to visualize yourself outdoors, lying on a field, in a forest, or even at the beach.

With each exhale, allow your body to sink into the earth. Allow it to hug and shape your body in the areas that might need it. Your shoulders, your hips, the back of the knees or the ankles. Imagine your head is supported by the sand.

With your mind's eye, notice the warmth and the light from the sun or the moon. Let it radiate down your body. Maybe it softens the muscles in your face, the eyebrows, the cheeks, and your mouth. Maybe you feel its warm breeze roll against your body.

Letting any tension in the muscles drift away. Creating your place for your breath and your body. If your mind starts to wander, pull it back into your place – the place you've created – and back into your breath.

Gently wriggle the toes and feet, bringing some energy back into the body. You might like to take your hands up and over, stretching long, or hug the knees in to your chest. When it feels right, gently come to your side, and slowly come to seated, with your eyes still closed. Know this is your place. A place where you can feel supported, where you can feel celebrated – a place that is entirely yours.

Inhale, gently open your eyes. That was BODYBALANCE 108! Thank you for joining us today.



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 /	1x8	Set up WIDE WU CHI , facing front	8	
0:09	V1 / _ Traffic dies	6x8	A ARM CIRCLE AND FOLD Inhale – Arms crossed in front, lift O/H, knees soft, open arms wide, bend knees deeper Exhale – FOLD F , arms circle down, cross in front	8 8	3x
0:33	C / _ I can't	8x8	B CHI BALL FIGURE 8 Inhale/Exhale – 4x FIGURE 8 ARMS L&R, arms down, palms facing, weight shifts L&R Inhale/Exhale – 4x FIGURE 8 ARMS L&R, traveling arms up, weight shifts L&R Inhale/Exhale – 4x FIGURE 8 ARMS L&R, arms O/H, weight shifts L&R Inhale/Exhale – 4x FIGURE 8 ARMS L&R, arms traveling down, weight shifts L&R	16 16 16 16	
1:07	V2 / _ World can't	6x8	A REPEAT ARM CIRCLE AND FOLD OPTION: Add Mudra, thumb meets first finger OPTION: Roll wrists/elbows before folding, hands move towards chest, then wide	48	
1:31	C / _ I can't	10x8	B ¹ REPEAT CHI BALL FIGURE 8 Note: Extra 4x Figure 8 Arms L&R, arms down at end of sequence	80	
2:12	Br / Everything's faded	4x8	A REPEAT ARM CIRCLE AND FOLD	32	
2:29	C / _ I can't	12x8	B ² REPEAT CHI BALL FIGURE 8 Note: Extra 8x Figure 8 Arms L&R, arms down at end of sequence	96	
3:18	Outro /	4x8	A REPEAT ARM CIRCLE AND FOLD	32	



BONUS

01. DANCING IN THE FLAMES 3:45mins

TECHNIQUE AND COACHING

ARM CIRCLE AND FOLD

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
- Inhale, circle the arms over head
- Exhale, bend the knees
- Fold and roll up
- Maybe mobilize the wrist and circle

LAYER 3

- Create a mudra – first finger and thumb touch, bringing focus and energy in
- Breathe and ripple through the spine

CHI BALL FIGURE 8

LAYER 1

- Hold your Chi ball
- Move side to side
- Shifting weight
- Pressing knees open
- Turn through your shoulders
- Start to lift the arms as you move
- Arms stay up
- Relax the shoulders
- Guide the Chi ball back down

LAYER 3

- Feel the flame and warmth in the legs
- Start to open the chest as you move
- Feel how that makes the spine dance
- Breathing into your Chi ball
- Eyes following hands
- We are celebrating our bodies as we move

ESSENCE TIPS

The Wide Wu Chi Arm Circles bring energy, mobilization and the connection of breath to the body. Coach to knee alignment and range for stability in the legs and core as we release the upper body while we fold. Option to stay with the Arm Circle slow or mobilize through the wrist. Also optional mudra, creating connection to focus and energy.

The Chi ball sequence helps to provide much of the warming sensations, so invite your participants to lift higher and dance and move, and guide them down – giving them control over their bodies. Coach simple Alignment (BPD) cues and breath, allowing space for the music to shine through and create a feeling that there is lots of time and space.

Coaching points: 4 types of Tai Chi movement – breathing, releasing, warming and focusing. Enjoy this internal mind-body connection!



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.

