



BODYBALANCE 112



Presenters

Back row (L–R): Fraser Beck (New Zealand), Jessica Wong (United States)
Front row (L–R): Dannielle Lally (New Zealand), Kylie Gates (Australia)

This release is designed to be all about creating space – to move and breathe, to feel and to fully immerse in BODYBALANCE. The musical journey includes the return of Sting’s *Desert Rose*, which sets a warm tone before lifting into a gorgeous mix of modern favorites – Olivia Dean, Myles Smith, Justin Bieber, Benson Boone and our absolute favorite, Billie Eilish. Ideally we invite our participants to move with how their bodies feel on the day, letting the music lead and keeping space for it. Hopefully the result will be an open, feel-good, expressive experience that creates space in our minds and bodies.

With love
The BODYBALANCE Team xo

Jackie Edana

BODYBALANCE 112

MUSIC

EXPRESS FORMATS

01. YOGA WARM-UP WORKOUT FOR THE WORLD

02. SUN SALUTATIONS

03A. STANDING STRENGTH

03B. STANDING STRENGTH

04. BALANCE

05. CORE – ABDOMINALS

06. CORE – BACK

07. HIP OPENERS

08. TWISTS

09. 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

WORKOUT
FOR THE WORLD

- 01

Promise Made (2:44)

Rasathi

Courtesy of Les Mills Music Licensing Ltd.

Written by: Lukeman, Larasathi
- 02

Desert Rose (4:46)

Sting feat. Cheb Mami

Courtesy of the Universal Music Group.

Written by: Sumner, Khelifati
- 03A

Gold (2:34)

Myles Smith

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Written by: Finkelstein, Smith-Thompson, Fenn
- Gold** (2:37)

Myles Smith

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Written by: Finkelstein, Smith-Thompson, Fenn
- 03B

Deep Clear Water (3:19)

Gryffin & GRiZ

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Written by: Griffith, Kwiecinski, Shields
- 04

It's Happening Again (3:41)

Sealy Ford

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Written by: Obel
- 05

DAISIES (2:38)

Justin Bieber

Courtesy of the Universal Music Group.

Written by: Bieber, Jesso, Chetrit, Gordon, Lang, Wiggins, Benjamin, Duenas
- DAISIES** (2:55)

Justin Bieber

Courtesy of the Universal Music Group.

Written by: Bieber, Jesso, Chetrit, Gordon, Lang, Wiggins, Benjamin, Duenas
- 06

Mystical Magical (1:13)

Benson Boone

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Written by: Boone, Kipner, Blair, Larsen, Shaddick
- Mystical Magical** (2:38)

Benson Boone

© 2025 Warner Records Inc.

Written by: Boone, Kipner, Blair, Larsen, Shaddick

- 07

So Easy (To Fall in Love) (2:46)

Olivia Dean

Courtesy of the Universal Music Group.

Written by: Dean, Allen, Ryan, Max
- So Easy (To Fall in Love)** (2:48)

Olivia Dean

Courtesy of the Universal Music Group.

Written by: Dean, Allen, Ryan, Max
- 08

Collapse (4:32)

Chance Peña

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Written by: Peña, Hubers, Fedryk
- 09

What Was I Made For? (3:29)

Billie Eilish

Courtesy of the Universal Music Group.

Written by: B. O'Connell, F. O'Connell
- What Was I Made For?** (1:54)

Billie Eilish

Courtesy of the Universal Music Group.

Written by: B. O'Connell, F. O'Connell
- 10

Treasure In My Heart (5:22)

Stanton Lanier

© 2025 Sky Whisper Sound, LLC.

Written by: Lanier
- BONUS 01

DANCING ALONE (3:51)

Emmit Fenn

© TH3RD BRAIN.

Written by: Fenn
- ALT 05

Who Can I Call (5:33)

Saem & NTP

Courtesy of Les Mills Music Licensing Ltd.

Written by: Tekala-Pule, Millward



EXPRESS FORMATS

30-MINUTE STRENGTH

Track 01	Yoga Warm-up
Track 02	Sun Salutations
Track 03A&B	Standing Strength
Track 04	Balance
Track 05	Core – Abdominals
Track 06	Core – Back
Total Time	29:05
Track 10	Relaxation/Meditation

30-MINUTE FLEXIBILITY

Track 01	Yoga Warm-up
Track 02	Sun Salutations
Track 03A&B	Standing Strength
Track 04	Balance
Track 07	Hip Openers
Total Time	25:15
Track 10	Relaxation/Meditation

45-MINUTE STRENGTH

Track 01	Yoga Warm-up
Track 02	Sun Salutations
Track 03A&B	Standing Strength
Track 04	Balance
Track 05	Core – Abdominals
Track 06	Core – Back
Track 08	Twists
Total Time	33:37
Option to add	Tai Chi Warm-up, Hip Openers or Forward Bends/Hamstrings
Total Time with Tai Chi Warm-up	37:28
Total Time with Hip Openers	39:11
Total Time with Forward Bends/Hamstrings	39:00
Track 10	Relaxation/Meditation

45-MINUTE FLEXIBILITY

Track 01	Yoga Warm-up
Track 02	Sun Salutations
Track 03A&B	Standing Strength
Track 04	Balance
Track 07	Hip Openers
Track 08	Twists
Track 09	Forward Bends/Hamstrings
Total Time	35:10
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

Got feedback on this release? [Click here.](#)

GENERAL FEEDBACK

Got general feedback for Les Mills? [Click here.](#)



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		

WORKOUT FOR THE WORLD

Workout for the World is on June 20, 2026, which aligns with the launch of this quarter’s new releases. Check with your club to find out about their launch plans and encourage them to get involved at workoutfortheworld.org.nz.

We've created a Workout for the World album, featuring the specially made tracks that feature in each program release. These tracks were inspired by what kids said about the important work UNICEF do, and the impact we're trying to make. The album will be available on Spotify as well as limited edition vinyl. Stay tuned to Les Mills Instagram and we'll share details during May and June.



01. YOGA WARM-UP

TRACK FOCUS

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

EQUIPMENT

Mat to 45° or side on

WORKOUT FOR THE WORLD

Promise Made by Larasthi was created specially for Workout for the World. It's smooth, hazy R&B-pop wrapped in warm synth chords and a gentle lo-fi beat. Rizkia's soft layered vocals give it an intimate bedroom-pop feel that lingers.

Be sure to highlight this track at your Workout for the World event! Check out your Instructor assets [here](#).

MUSIC			EXERCISE		CTS	REPS
0:05	Intro /	1½x8		Set up MOUNTAIN POSE , facing L	12	
0:12	Intro cont. /	5x8	A	Inhale – EXTENDED MOUNTAIN POSE	8	
				Exhale – FORWARD FOLD	32	
0:34	V1 / _ All across	4x8	B	Inhale/Exhale – FLAT BACK EXTEND	32	
0:51	C / Be freeeeee	4x8	C	Inhale/Exhale – DOWN DOG	32	
1:09	Ref / Mmm , ahh	12x8	D	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 – 3-LEGGED DOG L, front leg lifts	8	
				Inhale – KNEELING LUNGE R, front leg F, land back knee	8	
				Exhale – KNEELING LUNGE TWIST R, lift front hand, turning chest to front	8	
				Exhale – DOWN DOG	8	
				Inhale – 3-LEGGED DOG R, back leg lifts	8	
				Exhale – KNEELING LUNGE L, back leg F, land front knee	8	
				Inhale – KNEELING LUNGE TWIST L, lift back hand, turning chest to B	8	
				Exhale – FORWARD FOLD	8	
2:03	C / Be freeeeee	4x8	A ¹	Inhale – EXTENDED MOUNTAIN POSE	8	2x
				Exhale – FORWARD FOLD , hands down mid-line	8	2x
2:20	Ref / Mmm , ahh	4x8	E	Inhale/Exhale – BABY BACK BEND	32	
				↓ OPTION: Extended Mountain Pose		



01. PROMISE MADE 2:44mins

TECHNIQUE AND COACHING

EXTENDED MOUNTAIN POSE TO FORWARD FOLD

LAYER 1

- *Extended Mountain Pose*
- *Feet together or hip-width apart*
- *Reach arms high, palms together*
- *Forward Fold*
- **Knees bent, belly lifted**
- *Extend up, **squeeze glutes***
- *Hands down mid-line to fold*

LAYER 3

- *Let the upper body hang, resting chest toward upper thighs*
- *Lifting energy from the Earth*
- *Breathing energy into the body*

FLAT BACK EXTEND

LAYER 1

- *Flat Back Extend*
- *Hands to shins*
- **Lift belly**
- **Lengthen the spine**

LAYER 3

- *Press your hands into your shins; feel that engage the muscles in the back body*

DOWN DOG

LAYER 1

- **Lift belly**
- *Hands to floor*
- *Down Dog*
- *Step back, hips high*
- *Spread fingers wide*

LAYER 3

- *Heels reaching a bit closer to the Earth*

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*

BABY COBRA POSE / UP DOG

LAYER 1

- *Baby Cobra Pose*
- **Squeeze glutes**
- *Return to Down Dog*

3-LEGGED DOG TO KNEELING LUNGE

LAYER 1

- *3-Legged Dog*
- *Front leg lifts, leg stays straight*
- *Long step forward to Kneeling Lunge*
- **Knee over ankle**
- *Back knee down*
- *Twist to front*
- *Down Dog*
- *Inhale to lift, exhale to land*
- *Deep breath in to twist*
- **Turning from center of chest**

ESSENCE TIPS

In our Yoga Warm-up this time, we preview the Sun Salutations sequence, helping everyone move through it with confidence once we reach the second track. Use this first round to warm the body and become familiar with the moves.

The slightly longer held poses at the beginning allow us to connect to the Yoga breath.

Encourage your participants to use these poses to scan in and see how their body is feeling today, before we start to move quicker through the Sun Salutations sequence.

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° or side on

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	2x8		Set up MOUNTAIN POSE , facing L, feet together or hip-width apart		16
0:09	Intro / _ Ya leel (Beat hits at first Side Bend)	6x8	A	Inhale – EXTENDED MOUNTAIN POSE		16
				Exhale – SIDE BEND R		8
				Inhale – EXTENDED MOUNTAIN POSE		8
				Exhale – SIDE BEND L		8
				Inhale/Exhale – MOUNTAIN POSE , arms down		8
0:34	V1 / Hadaee mada	16x8	B	SUN SALUTATIONS SEQUENCE		
				Inhale – EXTENDED MOUNTAIN POSE		8
				Exhale – FORWARD FOLD , hands through mid-line		8
				Inhale – FLAT BACK EXTEND		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 – 3-LEGGED DOG L , front leg lifts		8
				Inhale – KNEELING LUNGE R , front leg F, land back knee		8
				⬆ OPTION: Lunge R, back leg lifted		
				PREGNANCY OPTION: Front leg outside front hand		
				Exhale – KNEELING LUNGE TWIST R , lift front hand, turning chest to front		8
				⬆ OPTION: Lunge Twist R, back leg lifted		
				Exhale – DOWN DOG		8
				Inhale – 3-LEGGED DOG R , back leg lifts		8
				Exhale – KNEELING LUNGE L , back leg F, land front knee		8
				⬆ OPTION: Lunge L, front leg lifted		
				PREGNANCY OPTION: Back foot outside back hand		
				Inhale – KNEELING LUNGE TWIST L , lift back hand, turning chest to back		8
				⬆ OPTION: Lunge Twist L, front leg lifted		
				Exhale – FORWARD FOLD		8
1:43	V / _ As she turns	16x8	B	REPEAT SUN SALUTATIONS SEQUENCE		128
				OPTIONS: Step or Jump to Down Dog		
				⬆ OPTION: Plank and Crocodile Poses on toes		
				⬆ OPTION: Up Dog replaces Baby Cobra Pose		
2:52	Instr / (Strings)	16x8	B	REPEAT SUN SALUTATIONS SEQUENCE		128
4:00	V / The fallIIII	10x8	A ¹	Inhale – EXTENDED MOUNTAIN POSE		8
				Exhale – SIDE BEND R		8
				Inhale – EXTENDED MOUNTAIN POSE		8
				Exhale – SIDE BEND L		8
				Inhale/Exhale – CHEST STRETCH		48
				⬆ OPTION: Standing Camel Pose, hands to lower back		



02. DESERT ROSE 4:46mins

TECHNIQUE AND COACHING

EXTENDED MOUNTAIN POSE TO SIDE BEND

LAYER 1

- *Extended Mountain Pose*
- *Feet hip-width apart or together*
- **Squeeze butt**
- *Arms reach high*
- *Open front arm to Side Bend*
- *Return to Extended Mountain Pose*
- *Back arm opens, Side Bend*

EXTENDED MOUNTAIN POSE TO FORWARD FOLD

LAYER 1

- *Extended Mountain Pose*
- *Reach arms high, palms together*
- *Hands down mid-line*
- *Forward Fold*
- **Knees bent, belly lifted**
- *Extend up, squeeze glutes*
- *Inhale, extend*
- *Exhale, fold*

FLAT BACK EXTEND

LAYER 1

- **Core braced**
- *Flat Back Extend*
- *Hands to shins*

LAYER 3

- *Awaken the body*

DOWN DOG

LAYER 1

- *Hands to floor*
- *Down Dog*
- *Step back, press hips high*
- *Option to jump back, landing softly*

PLANK POSE TO CROCODILE POSE

LAYER 1

- *Roll through to Plank Pose*
- **Shoulders over wrists**
- *Knees down*
- **Abs braced**
- *Release halfway*
- *Crocodile Pose, lower with control*
- *Inhale, roll forward*
- *Exhale, lower on knees or toes*

LAYER 3

- *Energy rolls forward as we breathe in*

BABY COBRA POSE / UP DOG

LAYER 1

- *Baby Cobra Pose*
- **Squeeze glutes**
- *Return to Down Dog*
- *Inhale, Baby Cobra Pose or Up Dog*
- *Exhale, Down Dog*

LAYER 3

- *Lengthen through front of body*



02. DESERT ROSE 4:46mins

TECHNIQUE AND COACHING

3-LEGGED DOG TO KNEELING LUNGE

LAYER 1

- 3-Legged Dog
- Front leg lifts, other leg stays straight
- Long step forward to Kneeling Lunge
- **Knee over ankle**
- Back knee down
- Twist to front
- Down Dog
- Inhale to lift, exhale to land
- Deep breath in to twist
- **Turning from center of chest**
- Breathe in as you lift, **shoulders stay square to floor**
- Exhale, step foot through to Lunge
- Inhale, Lunge Twist
- Exhale, Down Dog
- Back knee can stay lifted

LAYER 3

- Mobilizing hips
- Feel the hip open
- Thoracic rotation
- Feel the breath guiding your movement

CHEST STRETCH / STANDING CAMEL POSE

LAYER 1

- Clasp hands behind back
- **Squeeze glutes**
- Or Standing Camel Pose, hands to lower back

LAYER 3

- Breathe into the heart space

ESSENCE TIPS

In this Sun Salutations sequence, there is opportunity to explore hip mobility through 3-Legged Dog's and Lunges, along with the steady rhythm of the breath. Invite your participants to use the first few rounds as a chance to fully arrive on their mat – letting go of distractions and settling into a smooth, consistent inhale and exhale.

The 3-Legged Dogs begin to build warmth in the hips, while encouraging both stability and freedom of movement. As we step through to the Lunge, there's space to lengthen the hip flexors and strengthen the legs, creating balanced support around the pelvis. Adding the Lunge Twists deepens the experience, improving spinal rotation and challenging the hips to stabilize as the upper body revolves.

Use clear Layer 1 cues as you move through the track, giving plenty of options for your participants to explore. Simple, clear language helps empower people to make the right choices for their body.



03A. STANDING STRENGTH

TRACK FOCUS

Coach alignment for strength and precision in the poses.

EQUIPMENT

Mat to 45° or side on

MUSIC		EXERCISE		CTS	REPS
0:05	V1 / Met her late	5x8	A	Inhale/Exhale – INTENSE POSE , facing L PREGNANCY OPTION: Feet hip-width apart Inhale/Exhale – INTENSE POSE WITH HEEL LIFT R, lift front heel	24 16
0:33	C / _ I feel like	8x8	B	Inhale/Exhale – LUNGE L, arms O/H Inhale/Exhale – BABY BACK BEND Inhale/Exhale – WARRIOR 1 L, arms O/H Inhale/Exhale – BABY BACK BEND , arms wide	16 16 16 16
1:17	V2 / Fallen so hard	4½x8	A	REPEAT INTENSE POSE and INTENSE POSE WITH HEEL LIFT L NOTE: Heel Lift (12cts)	36
1:42	C / _ I feel like	8x8	B	REPEAT LUNGE and WARRIOR 1 R	64
2:26	Outro / _ I feel like	2½x8		Step in, shake out legs	20
2:40	V3 / Met her late	5x8	A	REPEAT INTENSE POSE and INTENSE POSE WITH HEEL LIFT R	40
3:08	C / _ I feel like	8x8	C	Inhale/Exhale – TRIANGLE POSE L Inhale/Exhale – WRAP R arm behind back OPTION: On last 8cts, reach L arm to L	32 32
3:51	V4 / Fallen so hard	4½x8	A	REPEAT INTENSE POSE and INTENSE POSE WITH HEEL LIFT L NOTE: Heel Lift (12cts)	36
4:17	C / _ I feel like	8x8	C	REPEAT TRIANGLE POSE R, WRAP L arm OPTION: Reach R arm to R	64



03A. GOLD 5:11mins

TECHNIQUE AND COACHING

INTENSE POSE

LAYER 1

- Inhale, arms lift
- Exhale, Intense Pose
- **Hips sit down and back**
- Arms close to ears
- Tuck tail bone under, lengthening the spine
- **Core braced**
- Lift front heel
- Come low, chest lifted, belly braced

LAYER 3

- Energize the back leg
- Bring some body weight into the heels; feel the inner thighs magnetize

LUNGE

LAYER 1

- **Long step back** to Lunge
- Inhale up; exhale, drop evenly through both hips
- Power through back leg
- **Squeeze butt**
- Baby Back Bend, start to reach arms back
- **Press front knee out over toes**
- **Hips square to front**

LAYER 3

- So strong
- Send energy out of your fingertips
- Opening the heart space

WARRIOR 1

LAYER 1

- Warrior 1
- Anchor back heel to floor
- **Hips square to front**
- Inhale, arms wide
- Squeeze shoulder blades together

LAYER 3

- You want your heart to be singing
- Heart space shines forward

TRIANGLE POSE

LAYER 1

- Long step back
- Turn to the front for Triangle Pose
- Anchor heel, right toes to the right side
- Reach as far as you can
- **Squeeze glutes, hips open, core is strong, spine is long**
- Add the bind; inhale, arm reaches
- Exhale, wrap
- Walk hands into inner thighs
- If you're feeling strong and wanting the extra challenge, reach the bottom arm to the side wall

LAYER 3

- More space, more energy
- Triangle Pose demands a lot of core strength; keep squeezing your glutes and bracing the belly

ESSENCE TIPS

In this Standing Strength track, the energy lifts as the music lifts, creating momentum and connection. Encourage your participants to ground strongly through the legs while lifting proudly through the chest – strength below, expansion above.

The focus is on heart-opening shapes, with wide arm-lines and broad collarbones creating space across the front body. Steady legs creates a strong base, supports gentle Back Bends and expressive upper body movement, improving posture, strengthening the back body, and increasing shoulder mobility. Let the upbeat rhythm of the music inspire bold movements and full breaths, leaving everyone feeling strong, open and energized.



03B. STANDING STRENGTH

TRACK FOCUS

Coach alignment for strength and precision in the poses.

EQUIPMENT

Mat to 45° or side on

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	2x8		Set up WARRIOR 3 L, facing L, arms wide, R foot to floor		16
0:13	V1 / _ I've found myself	4x8	A	Inhale/Exhale – WARRIOR 3 L ↓ OPTION: R toes to floor		32
0:38	Br / _ My heart	4x8	B	Inhale/Exhale – FLOATING HALF MOON POSE L ↓ OPTION: R toes to floor		32
1:04	C / Clear water	4x8	C	Inhale/Exhale – SUN WARRIOR L OPTIONS: After 16cts, reach R arm to R, or lift L heel		32
1:30	V2 / _ I've found myself	4x8	A	REPEAT WARRIOR 3 R, facing R		32
1:56	Br / _ My heart	4x8	B	REPEAT FLOATING HALF MOON POSE R		32
2:21	C / Clear water	4x8	C	REPEAT SUN WARRIOR R		32
2:46	Clear water	4x8	D	Inhale/Exhale – WIDE SQUAT , arms to a high 'V' OPTION: Baby Back Bend		32



03B. DEEP CLEAR WATER 3:19mins

TECHNIQUE AND COACHING

WARRIOR 3

LAYER 1

- Warrior 3
- Breathe arms wide
- **Soft knee bend**
- Inhale, dive – lifting front leg
- Exhale, bend standing knee, **brace core and squeeze glutes**
- **Hips and shoulders square to front**
- Squeeze back body

LAYER 3

- Use your breath to steady you
- Feel the stabilizer muscles in your ankles, core and around the knees

FLOATING HALF MOON POSE

LAYER 1

- Touch down, Floating Half Moon Pose
- Sweep back arm under, rotate to the front
- Flex foot
- **Open hips and shoulders**
- **Soft knee bend**
- Ankle in line with hip

LAYER 3

- Beautiful opening of the heart space
- Strength and power

SUN WARRIOR

LAYER 1

- Land, step wider
- Sun Warrior
- Breathe the arm up, exhale, **bend knee over ankle**
- **Squeeze glutes**
- Maybe breathe bottom up or lift right heel

LAYER 3

- Anchored through the hips
- Feel power in the legs
- Feel that energy
- Choose the option that feels powerful to you today

WIDE SQUAT

LAYER 1

- Wide Squat
- Arms high
- Feet turn out slightly
- **Squeeze glutes**
- **Press knees out over toes**
- Baby Back Bend

LAYER 3

- Feel the music in your body
- Surrender to your deep strength

ESSENCE TIPS

A second Standing Strength track! This one explores the connection between steadiness and reach – where balance asks for both courage and control.

In Warrior 3, bring focus more on length than height – pressing back through the foot, reaching through the fingertips, and a soft bend in the standing leg. The small muscles around the ankle, knee and hip switch on, creating support from the ground up.

Floating Half Moon Pose adds rotation and expansion without losing center. Coach the lifted leg to stay in line with the spine for alignment.

Sun Warrior brings space to explore the upper body through strong grounding of the lower body. Offer both options of lifting the bottom arm and/or heel, encouraging participants to challenge their strength. Even trying these for a moment and then touching down is a great start towards building strength. Celebrate your participants and their effort.

As we drop into a Wide Squat, the work becomes powerful. The glutes and quads are firing as the body lowers toward the Earth, finishing grounded, steady and strong.



04. BALANCE

TRACK FOCUS

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

EQUIPMENT

Mat to 45° or side on

MUSIC		EXERCISE		CTS	REPS
0:00	Intro /	2x8	A Inhale/Exhale – MOUNTAIN POSE , facing F	16	
0:17	V1 / _ I swear it's true	4x8	B DANCERS POSE SEQUENCE L Inhale/Exhale – L holds L foot B, R arm down Inhale/Exhale – R arm O/H	16 16	
0:51	PC / _ The stars	3x8	B ¹ Inhale/Exhale – DANCERS POSE L	24	
1:16	Ref / It's happening	4x8	C Inhale/Exhale – L KNEE TO CHEST , arms wide Inhale/Exhale – KICK L heel F OPTION: Keep knee bent Inhale/Exhale – STAR POSE R	8 8 16	
1:49	Instr /	1x8	A REPEAT MOUNTAIN POSE	8	
1:57	V2 / _ Took a day	4x8	B REPEAT DANCERS POSE SEQUENCE R	32	
2:31	C / They say	2x8	B ¹ REPEAT DANCERS POSE R	16	
2:47	Mm mm	4x8	C REPEAT R KNEE TO CHEST , extend F, STAR POSE L	32	
3:20	Outro / (Piano)	2x8	D Inhale/Exhale – ANGEL POSE , arms to a low 'V', heels lifted	16	

SMARTSTART

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



04. IT'S HAPPENING AGAIN 3:41mins

TECHNIQUE AND COACHING

DANCERS POSE

LAYER 1

- *Inhale, right hand to inside of right foot*
- **Soft knee bend**
- **Core braced**
- *Inhale, left arm lifts*
- *Exhale, relax shoulders*
- *Inhale, tip forward from hips*
- **Hips square to floor**
- *Inhale, press hand against foot*
- *Knees together*

LAYER 3

- *Find calm and concentration*

KNEE TO CHEST, KICK FORWARD

LAYER 1

- *Knee to chest*
- *Arms open wide*
- *Knee sweeps through to hip level*
- **Strong core brace**
- *Inhale to extend, flexing foot*
- *Exhale, shoulders down*

STAR POSE

LAYER 1

- **Core braced**
- *Keep leg high*
- *Sweep to horizontal to Star Pose*

LAYER 3

- *How much space can you use?*
- *Energize through fingers and toes*

ANGEL POSE

LAYER 1

- **Squeeze glutes**
- *Angel Pose*
- *Palms open*
- *Inhale, lift heels*
- *Exhale, lift eye gaze*

ESSENCE TIPS

This Balance track invites quiet focus and mindful connection, moving slowly with each pose growing and advancing. Take some time listening to the music. Think about how you can use your vocal tone and coaching to match the energy of the track, in a way that brings contrast after the energetic, powerful Standing Strength tracks. There are some beautiful opportunities for stillness and silence in this track.

Encourage steady Yoga breath (inhaling and exhaling through the nose) to center the mind and anchor the body.



05. CORE – ABDOMINALS

Please note this track contains explicit content. The alternative song can be used in its place. Please use *Who Can I Call* with the same choreography when teaching Track 05.

TRACK FOCUS

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

EQUIPMENT

Mat to 45° or side on

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	4x8		Lie SUPINE , knees over hips, hands to thighs, arms straight PREGNANCY OPTION: On elbows, knees over hips	32	
0:18	V1 / _ Throwing petals	8x8	A	ALT LEG EXTENSION L&R Exhale – Extend L (front) leg to 45° Inhale – Knees over hips Repeat to R ↓ OPTION: Alt Toe Taps PREGNANCY OPTION: Alt Toe Taps, knees wide	4 4 8	4x
0:52	C / _ The way you	4x8	B	CROSS CRAWL L&R Inhale – CROSS CRAWL L, facing R Exhale – CROSS CRAWL R, facing B ↓ OPTION: Knees bent, Alt Toe Taps PREGNANCY OPTION: Knee lowers L&R, knees together, toes to floor, lower knees to front (8cts) then B (8cts)	4 4	4x
1:10	V2 / _ Blowing kisses	4x8	A	REPEAT ALT LEG EXTENSION L&R	16	2x
1:27	C / _ The way you	4x8	B	REPEAT CROSS CRAWL L&R	8	4x
1:45	Br / Ohhh	2x8		Lie SUPINE , legs to 90°	16	
1:53	Br cont. / Ohh	10x8	C	LEG CIRCLES L&R Inhale – Legs lower towards front Inhale cont. – Knees bend in center Exhale – Extend legs to B diagonal Exhale cont. – Legs to 90° Repeat to B ↑ OPTION: Keep legs straight PREGNANCY OPTION: Supported on elbows, small-range Leg Circles with bent knees	4 4 4 4 16	2½x
2:37	Instr /	4x8		Set up HOVER , facing L, arms stacked	32	
2:54	V3 / _ Throwing petals	8x8	D	HOVER WITH ALT KNEE DROP L&R Inhale – Lower front knee Exhale – HOVER Repeat to B ↓ OPTION: From knees, Alt Knee Lift	2 2 4	8x
3:29	C / _ The way you	4x8	D¹	Inhale/Exhale – SIDE HOVER L, facing front, feet scissored or bottom knee down	32	
3:47	V4 / _ Blowing kisses	4x8	D	REPEAT HOVER WITH ALT KNEE DROP L&R	32	
4:04	C / _ The way you	4x8	D¹	REPEAT SIDE HOVER R, facing B	32	



05. CORE – ABDOMINALS

MUSIC			EXERCISE			CTS	REPS
4:21	Br / Ohhh	4x8	E	Inhale/Exhale – CHILDS POSE		32	
4:39	Br cont. / _ You got me all in	4x8	F	Inhale/Exhale – PLANK POSE , on knees or toes		32	
4:56	C / _ The way you	8x8	G	NOSE TO KNEE L&R			4x
				Inhale – Draw L/front knee in towards chest, tuck chin in		4	
				Exhale – PLANK POSE		4	
				Repeat to R		8	
				PREGNANCY OPTION: Knee to outside of elbow			



ALT

05. CORE – ABDOMINALS

WHO CAN I CALL 5:33mins

Please use this song in replacement of *DAISIES* with the same choreography when teaching Track 05.

TRACK FOCUS

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

EQUIPMENT

Mat to 45° or side on

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	4x8		Lie SUPINE , knees over hips, hands to thighs, arms straight PREGNANCY OPTION: On elbows, knees over hips	32	
0:18	V1 / Looking out	8x8	A	ALT LEG EXTENSION L&R Exhale – Extend L (front) leg to 45° Inhale – Knees over hips Repeat to R ↓ OPTION: Alt Toe Taps PREGNANCY OPTION: Alt Toe Taps, knees wide	4 4 8	4x
0:52	C / Time	4x8	B	CROSS CRAWL L&R Inhale – CROSS CRAWL L, facing R Exhale – CROSS CRAWL R, facing B ↓ OPTION: Knees bent, Alt Toe Taps PREGNANCY OPTION: Knee lowers L&R, knees together, toes to floor, lower knees to front (8cts) then B (8cts)	4 4	4x
1:10	V2 / Sky is cloudy	4x8	A	REPEAT ALT LEG EXTENSION L&R	16	2x
1:27	Instr /	4x8	B	REPEAT CROSS CRAWL L&R	8	4x
1:45	Instr /	2x8		Lie SUPINE , legs to 90°	16	
1:53	Without you	10x8	C	LEG CIRCLES L&R Inhale – Legs lower towards front Inhale cont. – Knees bend in center Exhale – Extend legs to B diagonal Exhale cont. – Legs to 90° Repeat to B ↑ OPTION: Keep legs straight PREGNANCY OPTION: Supported on elbows, small-range Leg Circles with bent knees	4 4 4 4 16	2½x
2:37	Instr /	4x8		Set up HOVER , facing L, arms stacked	32	
2:54	Instr / _ Looking	8x8	D	HOVER WITH ALT KNEE DROP L&R Inhale – Lower front knee Exhale – HOVER Repeat to B ↓ OPTION: From knees, Alt Knee Lift	2 2 4	8x
3:29	C / _ Time	4x8	D¹	Inhale/Exhale – SIDE HOVER L, facing front, feet scissored or bottom knee down	32	
3:47	V4 / Sky is cloudy	4x8	D	REPEAT HOVER WITH ALT KNEE DROP L&R	32	
4:04	Over _	4x8	D¹	REPEAT SIDE HOVER R, facing B	32	
4:21	Now	4x8	E	Inhale/Exhale – CHILDS POSE	32	



ALT

05. CORE – ABDOMINALS

MUSIC		EXERCISE		CTS	REPS
4:39	Heart	4x8	F	Inhale/Exhale – PLANK POSE , on knees or toes	32
4:56	C / Without you	8x8	G	NOSE TO KNEE L&R	4x
				Inhale – Draw L/front knee in towards chest, tuck chin in	4
				Exhale – PLANK POSE	4
				Repeat to R	8
				PREGNANCY OPTION: Knee to outside of elbow	



05. DAISIES 5:33mins

TECHNIQUE AND COACHING

ALTERNATING LEG EXTENSION

LAYER 1

- **Knees over hips**
- *Palms to thighs*
- *Arms locked and strong*
- **Lower back towards floor**
- **Abs braced**
- *Front leg extends, then back in*
- *Back leg*
- *Toe tap, or extend long*
- *Breathe in through the nose, out through the mouth*
- *Create tension, press your legs away*

LAYER 3

- *Breathe out at the hardest part of the move*
- *Synchronize breath with movement*

CROSS CRAWL

LAYER 1

- *Fingertips to temples*
- *Slow Cross Crawl*
- *Elbows wide*
- *Front, then back*
- **Rotate from the center of the chest**
- *Toe taps or extend long*

LAYER 3

- *We are high in the Crunch so we are using our oblique muscles to twist, to get super strong*

LEG CIRCLES

LAYER 1

- *Legs toward the ceiling, Leg Circles*
- **Legs to front 45 degrees**, swing down, back to 45 degrees, and up
- *Reverse it, bending knees through center*
- **Anchor shoulders**
- **Core braced**
- *If you want a bit more challenge, straighten your legs – 30 degrees is the lowest we go*

LAYER 3

- *We need the belly, back and breath*

HOVER WITH ALTERNATING KNEE DROP

LAYER 1

- *Hover*
- **Forearms parallel**
- **Elbows under shoulders**
- *On knees or toes*
- **Core braced**
- *Walking knee down and up*
- *If on knees, reverse it – knee up, then down*
- **Hips and shoulders square to floor**
- *If your hips are lifting, that's a good sign to drop to your knees for more stability*

LAYER 3

- *Try to minimize movement from your hips*

SIDE HOVER

LAYER 1

- *Turn to face front*
- *Bottom knee can land, or scissor the legs*
- **Lift bottom hip up** and away from floor
- **Squeeze glutes**
- *Inhale, lengthen top arm*

LAYER 3

- *Feel your breath, back and belly*

CHILDS POSE

LAYER 1

- *Childs Pose*
- *Knees wide*
- *Big toes together*
- *Reach arms long*
- *Hips to heels*

LAYER 3

- *Enjoy the recovery*
- *Hips heavy on heels*



05. DAISIES 5:33mins

TECHNIQUE AND COACHING

PLANK POSE

LAYER 1

- *Come forward to Plank Pose*
- *On knees or toes*
- **Core braced**
- **Shoulders over wrists**
- **Long spine**
- *Knee to chest*
- *Reset*

LAYER 3

- *Spinal flexion*
- *Slow is strong – strong and steady*

ESSENCE TIPS

This Core Abdominals track moves slow, creating mindful motion to maximize engagement and control. Remember to use and coach the Pilates breath (inhaling through the nose and exhaling through the mouth) to help your participants connect to their deep core. Each exhale is timed with the hardest part of the movement, gently drawing the navel in and enhancing abdominal contraction, while the inhale releases tension and prepares the body for the next effort.

The new Leg Circles are a great challenge to target all the core muscles. The anchoring of the shoulders is vital to make sure participants are moving safely and with control. Use your Layer 2 cues (Pause and See) to look out and find what cues your class needs in this move to enable them to do it well and feel successful.



06. CORE – BACK

TRACK FOCUS

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

EQUIPMENT

Mat to 45° or side on

MUSIC		EXERCISE		CTS	REPS
0:00	Intro /	2x8	Lie SUPINE , facing R, feet on floor close to glutes, arms wide	16	
0:08	V1 / Colder than	8x8	A Inhale – Lift hips to HIP BRIDGE , arms wide Exhale – Lower hips	4 4	8x
0:40	PC / Once you	4x8	A ¹ HIP BRIDGE, SINGLE-LEG LIFT L&R Inhale – Lift hips, L/front knee lifts Exhale – Extend L leg up Inhale – Bend L knee Exhale – Land L foot, HIP BRIDGE Repeat to R	4 4 4 4 16	
0:56	C / Mystical magical	4x8	A ² Inhale/Exhale – HIP BRIDGE PULSE , 1ct up, 1ct down	2	16x
1:14	V2 / Colder than	8x8	A REPEAT HIP BRIDGE LIFT AND LOWER PREGNANCY OPTION: Seated Knee Drops side to side as rest	32	8x
1:46	PC / Once you	4x8	A ¹ REPEAT HIP BRIDGE, SINGLE-LEG LIFT L&R	32	
2:02	C / Mystical magical	4x8	A ² REPEAT HIP BRIDGE PULSE	2	16x
2:18	V3 / _ My little hard-to-get baby	4x8	LIE PRONE , arms wide, facing L PREGNANCY OPTION: Kneeling, arms O/H	32	
2:34	PC / I like it anyways	8x8	B LYING AEROPLANE POSE L&R Inhale – Lift R/front arm, turn chest to front Exhale – Turn back to center, arms wide Repeat to L/B PREGNANCY OPTION: Waiters Bow, arms O/H, fold arms and torso F – 8cts, lift arms and chest – 8cts	4 4 8	4x
3:06	C / Mystical magical	8x8	C Inhale/Exhale – FLUTTER KICKS L&R, hands under forehead PREGNANCY OPTION: Alt Pointer Inhale/Exhale – Sweep arms B	32 32	
3:38	Outro / Mystical	2x8	D Inhale/Exhale – CHILDS POSE	16	



06. MYSTICAL MAGICAL 3:51mins

TECHNIQUE AND COACHING

HIP BRIDGE

LAYER 1

- Hip Bridge
- Heels in close to glutes
- Arms wide
- **Glute squeeze to lift hips**
- Press knees out over toes
- 2/2 Hip Lift, up, up, down, down
- Breathe in through the nose, out through the mouth as you lower

LAYER 3

- Feel anchored through shoulders and heels

HIP BRIDGE, SINGLE-LEG LIFT AND PULSE

LAYER 1

- Single Leg Lift
- Front knee lifts
- Extend high
- Bend again
- Lower down
- **Hips stay level with the strong glute squeeze**
- Stay high
- Pulses – up, down, up, down
- Bring chin to chest

LAYER 3

- Keep the breath coming

LYING AEROPLANE POSE

LAYER 1

- Roll onto your belly
- Aeroplane Pose
- Arms wide
- **Strong glute squeeze**
- Feet to floor
- Lift and open to front
- **Turning from the center of your chest**

LAYER 3

- Feel the work through the upper and mid back
- Push into opposite arm for extra rotation

FLUTTER KICKS

LAYER 1

- Rest head down
- Fast kicks
- **Strong glutes to protect lower back**
- Breathe arms back, chest lifted

LAYER 3

- Feel the strength and challenge in the glutes

ESSENCE TIPS

A great vibe to find magical glute and back strength! The music brings an amazing opportunity to have fun with your class. Use this as a moment of playfulness and connection. This is an awesome tool for when our body starts to fatigue from the strong, isolating strength work.

In the Hip Bridges, emphasize keeping the hips level throughout, encouraging your participants to activate both glutes evenly, especially when we add the Leg Lift. Landing the foot lightly helps keep the glutes engaged, and allows for a controlled weight shift as we prepare to lift the other leg.



07. HIP OPENERS

TRACK FOCUS

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

EQUIPMENT

Mat to 45° or side on

MUSIC			EXERCISE		CTS	REPS
0:05	V1 / _ I could be	4x8	A	Inhale/Exhale – SWAN POSE L, facing L ↓ OPTION: 90/90 Pose ↑ OPTION: Extended Swan Pose L	32	
0:33	C / Easy to fall	3¾x8	A¹	Inhale/Exhale – QUAD STRETCH R, R hand to R foot ↓ OPTIONS: Swan or Extended Swan Pose or no Quad Stretch	30	
0:58	V2 / _ The way I do	4x8	B	Inhale/Exhale – MODIFIED HALF LOTUS L, L foot over R, facing F, hands wide on floor, chest F	32	
1:26	C / Easy to fall	4x8	B¹	Inhale/Exhale – SIDE BEND L, R arm O/H	32	
1:52	Br / Me _	8x8	C	Inhale/Exhale – WIDE-LEGGED STICK POSE , facing F ↑ OPTION after 32cts: Walk hands F to Seated Wide-Legged Fold ↓ OPTION: Hands B on floor	64	
2:47	Instr /	½x8		Set up SWAN POSE R, facing R	4	
2:52	V3 / _ I could be	7¾x8	A–A¹	REPEAT SWAN POSE R and QUAD STRETCH L	62	
3:45	V4 / _ The way I do	8x8	B–B¹	REPEAT MODIFIED HALF LOTUS and SIDE BEND R	64	
4:37	Br / Me _	8x8	C	REPEAT WIDE-LEGGED STICK POSE	64	



07. SO EASY (TO FALL IN LOVE) 5:34mins

TECHNIQUE AND COACHING

SWAN POSE, EXTENDED SWAN POSE AND QUAD STRETCH

LAYER 1

- *Swan Pose*
- *Either stopping at 90/90 Pose or extending the back leg*
- **Square hips to front**
- **Heel into groin**
- *You could add a Quad Stretch, take hold of the back leg, or reach arms forward and come low*
- *Back to Yoga breath, in and out of the nose*

LAYER 3

- *Let's have fun exploring our bodies*
- *Where do you want to take it today?*
- *What do your hips need in this moment? Connecting mind to hips, where do we feel the stretch?*
- *Play with the different options to find what your body needs today*

MODIFIED HALF LOTUS

LAYER 1

- *Modified Half Lotus*
- *Right leg in front, on calf or thigh*
- *Flex the foot*
- *Level the hip bones*
- *Weight shifts forward, keeping the spine and chest long and lifted*
- **Lift belly**
- **Sit bones stay firmly on the mat**
- *Side Bend, left arm reaches, C-shaped spine*
- *Inhale, lift and lengthen the spine, exhale to C-shape*
- *Keeping left sit bone on the floor*

LAYER 3

- *Feel the breath in the side body*

WIDE-LEGGED STICK POSE

LAYER 1

- *Extend legs wide*
- *Knees can be bent or straight*
- *Feet flexed or pointed*
- *Shuffle hip bones back*
- *Chest lifted*
- *Walk fingertips forward*
- **Scoop up through the belly**

LAYER 3

- *Letting the hips become more open, the body relax*
- *Breathing into the hips, letting them soften and release*

ESSENCE TIPS

This track invites exploration through the different poses, each offering a unique way to open and release the hips. As we move between shapes, encourage awareness of sensation, breath and symmetry, noticing how the hips respond and allowing space for gradual softening.

Invite curiosity with every option and progression. How does the stretch shift? Does the ease of the breath change? Encourage your participants to tune into their bodies, to find what feels best for them. Leave space in your coaching to enable internal connection.

Stay present, breathing steadily, and allow the hips to open in their own time, honoring that mobility evolves differently in every body, every day.



08. TWISTS

TRACK FOCUS

Help your participants to surrender, to enable more benefit from the Twists.

EQUIPMENT

Mat to 45° or side on

MUSIC			EXERCISE		CTS	REPS
0:02	Intro /	2x8	A	Inhale/Exhale – CHILDS POSE , facing L	16	
0:12	V1 / _ Breathe in	6x8	A ¹	Inhale/Exhale – CHILDS POSE TWIST L, L/back arm threads under front armpit OPTION: Hands to Prayer position, thumbs to chest	48	
0:39	V1 cont. / _ I know	8x8	A ¹	REPEAT CHILDS POSE TWIST R, facing B	64	
1:16	C / _ Can you hold me	12x8	B	Inhale/Exhale – KNEELING LUNGE TWIST R, front/R leg F, R hand reaches to R PREGNANCY OPTION: Open Kneeling Lunge Twist, turn to B Inhale/Exhale – LUNGE TWIST R, lift back knee, R hand reaches to R OPTION: Reach arm up	32	
				Inhale/Exhale – DYNAMIC LUNGE TWIST R, R arm reaches to R, L hand across R thigh ↓ OPTION: Lunge Twist R, R arm up	32	
2:11	V2 / _ You make me	12x8	B	REPEAT KNEELING LUNGE TWIST , LUNGE TWIST and DYNAMIC LUNGE TWIST L	96	
3:05	C / _ Can you hold me	8x8	C	Inhale/Exhale – STANDING TWIST R, facing L, lift R knee, turn chest to front, L hand to R thigh, R hand reaches to R ↓ OPTION: R foot to floor ↑ OPTION: Extend R leg to L side, holding foot with L hand	64	
3:42	Ref / How long will	8x8	C	REPEAT STANDING TWIST L, facing B	64	
4:19	Outro /	2x8	D	Inhale/Exhale – FORWARD FOLD , facing L	16	



08. COLLAPSE 4:32mins

TECHNIQUE AND COACHING

CHILDS POSE TWIST

LAYER 1

- **Twist from center of chest**
- Childs Pose
- Arms long, knees wide
- Sit bones back
- Back arm threads to the front, taking a twist
- If it feels good, bring hands to Prayer position
- Press into bottom arm to lift chest

LAYER 3

- Twists start from an anchored base, in this case our hips

LUNGE TWIST

LAYER 1

- Front knee steps forward to Kneeling Lunge
- **Knee over ankle**
- **Rotate to the front from the center of your chest**
- Arm extends long
- Tuck toes under, lift back knee
- Squeeze inner thighs for stability
- **Brace core to rise**
- For more challenge, lift upper body, cross right hand over thigh
- **Hips square**

LAYER 3

- Feel how strong you are through your anchor, and how lifted you are through your spine
- Use your breath to create space in your body

STANDING TWIST

LAYER 1

- **Core braced**
- Step in
- Lift front heel, open arm wide
- Knee lifts
- **Long spine**
- If you'd like more intensity, hand to outside edge of foot, and extend
- Heel, knee or foot – you choose

LAYER 3

- Balance, strength and a whole lotta twist
- Twists can be powerful. Use space and own that space

ESSENCE TIPS

This Twists track builds gradually, creating space to explore rotation with strength and control. In a Lunge Twist, grounding through the feet and lifting through the spine before rotating helps improve thoracic mobility and strengthens the legs and core. Encourage your participants to find stability in their lower body first, then use the breath to create length and space before deepening the Twist.

As we move into the Standing Twist, the challenge increases, requiring focus, coordination and core engagement. Use clear coaching to encourage steady anchor points through the standing foot and lift through the crown of the head. With each inhale, lengthen; with each exhale, rotate a little further. Our focus in this Twist is the anchoring and rotation; the placement of the leg is a bonus for those who want more challenge. Coach the options to be expanding, so everyone starts at the same point and can advance if they want to.



09. FORWARD BENDS / HAMSTRINGS

TRACK FOCUS

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

EQUIPMENT

Mat to 45° or side on

MUSIC		EXERCISE		CTS	REPS
0:00	Intro /	11x8	A Inhale/Exhale – FORWARD FOLD , facing L OPTIONS: Ragdoll Pose, cupping elbows, or Gorilla Pose, threading fingertips under toes	88	
1:08	C / I don’t know	5x8	B Inhale/Exhale – FLAT BACK EXTEND	40	
1:38	Instr /	2x8	Sit down, roll onto back, facing L Set up BUTTERFLY POSE , knees wide, feet together PREGNANCY OPTION: Seated Star Pose, soles of feet together, knees wide	16	
1:51	V1 / Did it end	5x8	C Inhale/Exhale – HALF BUTTERFLY POSE AND HAMSTRING STRETCH L, extend L leg up to Hamstring Stretch, R knee stays wide ↓ OPTION: Move R foot further away from R glute PREGNANCY OPTION: Seated Half Forward Fold L	40	
2:21	C / I don’t know how to feel	6x8	C ¹ Inhale/Exhale – HALF BUTTERFLY POSE AND ADDUCTOR STRETCH L, R arm wide on floor, L leg opens to B PREGNANCY OPTION: Side Bend L	48	
2:58	V2 / Think I forgot	5½x8	D Inhale/Exhale – SUPINE TWIST R, bring knees together, land knees to front ↑ OPTION: Straighten top leg PREGNANCY OPTION: Twist R	44	
3:32	V3 / Did it end	5x8	C REPEAT HALF BUTTERFLY POSE AND HAMSTRING STRETCH R PREGNANCY OPTION: Seated Half Forward Fold R	40	
4:03	C / I don’t know how to feel	6x8	C ¹ REPEAT HALF BUTTERFLY POSE AND ADDUCTOR STRETCH R PREGNANCY OPTION: Side Bend R	48	
4:40	V4 / Think I forgot	6x8	D REPEAT SUPINE TWIST L PREGNANCY OPTION: Twist L	48	



09. WHAT WAS I MADE FOR? 5:23mins

TECHNIQUE AND COACHING

FORWARD FOLD

LAYER 1

- *Forward Fold*
- **Knees bent, belly lifts**
- *Chin tucked in*
- *Hands can stay down, or come to Ragdoll Pose, cupping elbows, or Gorilla Pose, threading fingertips under toes*
- *Elbows open wide*

LAYER 3

- *Feel free to explore*

FLAT BACK EXTEND

LAYER 1

- **Lift belly**
- *Hands to shins*
- *Inhale to Flat Back Extend*
- *Exhale, draw shoulders down your back*
- *Lengthen the spine*

HALF BUTTERFLY POSE AND HAMSTRING / ADDUCTOR STRETCH

LAYER 1

- **Anchor hips to floor**
- *Coming down to the floor*
- *Butterfly Pose, feet together, knees wide*
- *Hold the back knee toward the chest, extend to a Hamstring Stretch*
- *Holding leg low or high*
- *Soften the elbows*
- *Take a big beautiful breath*
- *Front arm opens*
- *Keeping back leg straight, open leg to back*

LAYER 3

- *Use the anchor of the back body*
- *Feel into this move*
- *Hamstring Stretches are challenging, but they're so worth it. This will free up the lower back*
- *This beautiful pose will help us to feel – feel the space in your body, in the song*

SUPINE TWIST

LAYER 1

- *Bring back knee forward*
- *Arms wide*
- *Knee bent or straight*
- *Lift head to look down back arm*

LAYER 3

- *Just be*

ESSENCE TIPS

This track invites us to explore length and openness in the back of the legs. Starting with the Forward Fold, encourage your participants to soften the knees as needed, letting the torso release toward the thighs. Focus on folding forward from the hips rather than rounding the lower back. Flat Back Extend can be a beautiful way to lengthen the spine while maintaining awareness, feeling the stretch through the hamstrings without pushing too far.

As we transition to the floor, we explore supine Hamstring and Adductor Stretches from a new base – Half Butterfly Pose. The opening of the knee brings a different feeling in the hips. You may find, through the open hip, people can feel more mobility in the Adductor Stretch. Be sure to encourage heavy hips to anchor, and supporting the leg with the hand, to create a gentle, supportive stretch without losing the even balance of the hips.

The music is so special and will allow for a really beautiful connective space. Remind your participants to stay connected with the body and the present moment.



10. RELAXATION / MEDITATION

TREASURE IN MY HEART 5:22mins

TRACK FOCUS

Create a breathing practice.

EQUIPMENT

Mat to 45° or side on

Gently releasing, coming into a lying position. As you feel ready, we will come into relaxation and meditation.

So, if you'd like to grab a piece of warm clothing or a drink of water, now's the time. You could choose to be lying down, or seated for our meditation. Pregnant members are to lie on their side.

Take a few moments to allow your body to settle into the Earth. When you feel ready, gently close the eyes. Let's take a moment to connect to our breath. Feeling a slow expansion of your lower abdomen, feeling the body move into deep relaxation as you exhale. Releasing any residual tension being held, through the muscles, the bones and connective tissues of the body. Simply enabling it to dissolve into the Earth. This time is for you. A time to give back to yourself, back to your body that does so much. A time to create space in the mind.

Through our practice today, we explored the concepts of time and space. Yoga in its essence allows us to calm the fluctuations of the mind and to create a sense of spaciousness. We explored its postures, giving time and patience to our bodies. Now all there is to do is to simply connect to the breath, watching and observing your breath as it moves in and out of your body.

Begin feeling the healing adaptations of your BODYBALANCE practice. A sense of timelessness – no past or future, simply the present moment, the here and now. Full focus on and awareness of your breath.

Feeling our collective energy beginning to settle. On your next full breath in, consciously feel the ribcage expand, drawing fresh oxygen and energy into the body. Then allow the fingertips and the toes to gently move. Easing yourself out of meditation. And when you feel ready, slowly make your way up to a seated position.

That was BODYBALANCE 112.

Thank you for your practice. 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° or side on

MUSIC		EXERCISE		CTS	REPS
0:05	Intro /	2x8	Set up WIDE WU CHI		
0:13	V1 / _ I've been here	8x8	A SCOOP, BLOCK, SIDE BEND R&L		
			Inhale – Scoop arms in from wide, folding F, cross arms	4	
			Inhale cont. – Lift chest, reach arms O/H, straighten legs	4	
			Exhale – Soft Block F, bend knees, arms F, palms F	8	
			Inhale – R hand pulls L fingers back, L arm straight, lift L arm O/H	8	
			Exhale – Side Bend R, R hand holding L O/H	8	
			Repeat to L	32	
0:47	C / Dancing alone	10x8	B SCOOP, WEIGHT SHIFT L&R		2½x8
			Inhale – Scoop arms in from wide, folding F, cross arms	4	
			Inhale cont. – Lift chest, reach arms O/H, straighten legs	4	
			Exhale – Weight Shift L, bend L knee, R leg straight, arms wide to diagonals	8	
			Repeat to R	16	
			OPTION: Add Mudra in Weight Shift, top hand's thumb to pointer or middle finger		
1:30	V2 / _ I've been here	8x8	A REPEAT SCOOP, BLOCK, SIDE BEND R&L	64	
2:05	C / Dancing alone	8x8	B REPEAT SCOOP, WEIGHT SHIFT L&R	32	2x
			⬆️ OPTION: Lift toes on extended leg		
2:39	C cont. /_ To the songs	8x8	C Inhale – Reach arms O/H, feet hip-width apart	4	8x
			⬆️ OPTION: Lift heels		
			Exhale – BREATH SWING	4	
3:13	(Quiet)	2x8	Step feet to WIDE WU CHI , reach arms O/H	16	
3:21	(Lower note)	6x8	A¹ SCOOP, BLOCK		2x
			Inhale – Scoop arms in from wide, folding F, cross arms	4	
			Inhale cont. – Lift chest, reach arms O/H, straighten legs	4	
			Exhale – Soft Block F, bend knees, arms F, palms F	8	



BONUS

01. DANCING ALONE 3:51mins

TECHNIQUE AND COACHING

SCOOP, BLOCK, SIDE BEND SEQUENCE

LAYER 1

- *Step feet wide for Wide Wu Chi*
- **Knees press out over toes**
- **Tuck tail bone under**
- Scoop low
- Arms up
- Down into Soft Block
- Pull fingertips back, straight arm
- Lift it over head, into a Side Bend
- Inhale, **scoop belly in**
- Exhale, down
- Inhale, fingers back
- Exhale, C-shape the spine

LAYER 3

- Stretching into forearms, warming the wrists
- Letting go
- Grounding you into your class today

SCOOP, WEIGHT SHIFT

LAYER 1

- Scoop, lift
- Weight Shift, bend right leg, straighten left leg
- **Hips go back**
- **Core is starting to engage**
- Inhale to scoop and lift
- Exhale, lower
- Maybe adding a Mudra, first finger to thumb
- **Pressing knee open**
- If you want to, pull toes back
- **Long spine**

LAYER 3

- Where is the breath in your body?
- Warming, breathing and some beautiful focus

BREATH SWING

LAYER 1

- Step feet under hips
- Reach up
- Swing down
- **Bend your knees**
- **Draw up through belly**
- Lifting onto toes
- Inhale, lift
- Exhale, swing

LAYER 3

- Releasing tension

ESSENCE TIPS

We have a beautiful, slow Tai Chi track to bring us into our bodies, creating warmth and connection. There is a new feel, with the forearm stretch in the first sequence. Coach this clearly, using simple Layer 1 cues so your participants get the most time possible in this stretch. Warming up through the forearms and wrists will help us later in moves like Down Dog and Plank Pose.

This track is a lovely opportunity to set up and connect to the Yoga breath, as we are moving slowly and rhythmically. Take the time to explain the direction of the breath, and how we use it to complement our movement and get the most out of each pose and move. This will set up your participants well to utilize the breath throughout the class.



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.

