



BODYBALANCE 109



Presenters L-R:

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Jessica Wong (United States), Otto Prodan (New Zealand)

Hello wonderful BODYBALANCE family!

So, this is another release for you to enjoy and bring to your classes with passion. We certainly loved putting it together, and have continued to listen to your voices and simplify the choreography to make sure that all levels may experience success and challenge.

We have also listened to your feedback about music and are on a journey to continue to improve the soundtracks to include music that you all love (even if you don't know it!).

Finally, we are committed to reducing the amount of A/B tracks in BODYBALANCE releases going forward. As we are now creating the next release, please be comforted by the knowledge that there is only one track per body part.

So, thank you for being brave, speaking up and letting us know when we, as a team, make decisions that do not serve you as well as they should!

Lots of love,
The BODYBALANCE team xo

Jackie *Diana*

BODYBALANCE 109

MUSIC

EXPRESS FORMATS

01. YOGA WARM-UP

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/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

I Know (4:53)
TSHA
© 2021 Ninja Tune.
Written by: Phelan, Matthews
- 02

Still Be There (5:40)
Tim Hughes feat. Josh Tobias
© 2021 ChillYourMind.
Written by: Ardrey, Tobias, Hughes
- 03A

Come Along (2:55)
BOV feat. ALCW
© 2023 BOV.
Written by: Westerfors
- 03B

Beautiful Things (2:59)
Benson Boone
© Night Street Records/Warner Records, © 2024 Warner Records Inc.
Written by: Boone, LaFrantz, Blair
- 04

Look What We’ve Done (3:28)
Victoria Perry
Courtesy of Les Mills Music Licensing Ltd.
Written by: Hollings
- 05

Emergency (2:48)
Lonely in the Rain feat. Appleby
© 2023 Inside Records.
Written by: Llanes, Burns
- 06

The Kind of Love (3:07)
heylucas
© 2024 Inside Records.
Written by: Warner, Daltin
- 07

Runaway (4:02)
AURORA
© 2015 Glassnote Entertainment Group LLC.
Written by: Aksnes, Skylstad
- Runaway** (4:07)
AURORA
© 2015 Glassnote Entertainment Group LLC.
Written by: Aksnes, Skylstad
- 08

All Else (3:35)
Hayden Everett
© 2019 Hayden Everett under exclusive license to Nettwerk Music Group Inc.
Written by: Hunt

- 09

Right Here (5:17)
Jack Curley
© 2024 Ejectorseat Records.
Written by: Curley, Lawson
- 10

White (11:33)
Max Gunn
Courtesy of Les Mills Music Licensing Ltd.
Written by: Gunn
- BONUS
01

You (3:17)
Klaverson
© 2023 Beyond Records.
Written by: Lintorn



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	25:50
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	28:04
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	29:25
Option to add	Tai Chi Warm-up, Hip Openers or Forward Bends/Hamstrings
Total Time with Tai Chi Warm-up	32:42
Total Time with Hip Openers	37:34
Total Time with Forward Bends/Hamstrings	34:42
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	36:56
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.

RELEASE FEEDBACK

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



TEACHING THIS RELEASE

How long should I teach the new release for?

Teach the entire new release for a minimum of two weeks and a maximum of four weeks and then start to integrate other tracks. Then you will not only ensure variety in exercise sequencing and music but participants will also experience the magic, excitement and training effect of the new launch tracks.

TECHNICAL TEAM CREDIT

Technical Consultant – Dr. Gillian Hatfield

KEY

Alt	Alternating	B	Back
BPD	Body part and direction	B up	Build up
Br	Bridge	C	Chorus
cts	Musical counts	F	Forward
Instr	Instrumental	Intro	Introduction
L&R	Left and right	mins	Minutes
O/H	Over head	OTS	On The Spot
Outro	Last few bars of music	PC	Pre-chorus
Rep X	Perform the Sequence/Exercise x times	Rep	Reprise (part of the chorus repeated)
Ref	Reference	QC	Quiet chorus
Pose	Positions as explained in the Program Manual	Seq	Sequence (repetition of exercise or position)
Tempo	Normal pace of the music	Italic	Breathing Coaching Cues
Bold	Must-Do Cues		
V	Verse		



01. YOGA WARM-UP

TRACK FOCUS

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

EQUIPMENT

Mat to 45°

MUSIC		EXERCISE		CTS	REPS
0:05	Intro /	4x8	Set up WIDE SQUAT , facing front	32	
0:21	(Faster beat)	16x8	A WIDE SQUAT SEQUENCE		4x
			Inhale – Arms O/H, palms meet	8	
			Exhale – GODDESS POSE	8	
			Inhale – Roll chest F, hand to thighs, roll back up, straighten legs	8	
			Exhale – Wide Squat, hands to thighs	8	
1:28	(Longer held note) / _ Hey!	8x8	B Inhale/Exhale – SIDE LUNGE L, facing front, bend L knee, hands to thigh, floor or extend arms F, palms up	16	2x
			Repeat to R	16	
2:02	C / I know you	4x8	C Inhale/Exhale – DOWN DOG , facing L, pedal through feet	32	
2:18	I know you	6x8	D Inhale – PLANK POSE , rolling through spine, knees or toes	8	2½x
			Exhale – DOWN DOG	8	
			Last rep, hold Plank Pose for 16cts		
2:43	Instr /	2x8	E Inhale/Exhale – CHILDS POSE	16	
2:52	Instr cont. (short distorted vocal) /	4x8	E¹ Inhale/Exhale – CHILDS POSE TWIST R, R hand on floor under shoulder, turn chest to front	16	
			REPEAT CHILDS POSE TWIST L to B	16	
3:08	(Louder beat) /	8x8	F Inhale – CAT POSE	8	4x
			Exhale – COW POSE	8	
3:42	C / I know you	8x8	G Inhale/Exhale – KNEELING LUNGE TWIST R, step front foot F outside front hand	4	
			Inhale – LIFT R/F HAND	4	
			OPTION: Lift L knee		
			Exhale – REACH R HAND TO R SIDE	24	
			OPTION: Wrap R arm		
			Inhale/Exhale – REPEAT to L/B, transitioning through Horse Stance	32	
4:15	I know you	4x8	H Inhale/Exhale – FORWARD FOLD	16	
			Inhale/Exhale – RAGDOLL POSE	16	
4:32	I know you	5x8	I Inhale/Exhale – Roll up to MOUNTAIN POSE	8	
			Inhale/Exhale – SIDE BEND R	16	
			Inhale/Exhale – SIDE BEND L	16	



01. I KNOW 4:53mins

TECHNIQUE AND COACHING

WIDE SQUAT SEQUENCE

LAYER 1

- Come into a Wide Squat
- Tuck the tail bone under
- **Knees press out wide**
- Hands on thighs
- Inhale, Extended Mountain Pose
- Exhale, Goddess Pose
- Pull elbows down
- Inhale, roll down
- **Scoop belly to spine**
- Exhale, roll up and reset

LAYER 3

- Squeeze the back body as you open
- Explore how breath and energy move in our bodies
- Articulate through the spine

SIDE LUNGE

LAYER 1

- Inhale, Side Lunge
- Right knee bends
- Exhale, left leg extends
- Inhale, shift weight to the other side
- Exhale, push hips back
- **Belly braced**
- Options: Hand to thigh, floor or extend forward
- **Knee over ankle**

LAYER 3

- Does it feel good to sit lower?
- Chest lifted so the spine is long

DOWN DOG TO PLANK POSE

LAYER 1

- Down Dog
- Turn to the right
- Hands shoulder-width apart
- Feet hip-width apart
- Breathe and lift hips high
- Exhale, lengthen spine
- Inhale to Plank Pose
- Exhale, wrists under shoulders
- Inhale, press back to Down Dog
- Inhale, Plank Pose; knees down
- **Core braced**
- **Shoulders over wrists**
- Back long and straight

LAYER 3

- Pedal feet and breathe
- Feel the core warming

CHILDS POSE TWIST, CAT POSE, COW POSE

LAYER 1

- Childs Pose
- Knees wide
- Toes touch together
- Sit the hips back to heels
- Inhale, front arm to shoulder
- Twist to the front
- Exhale and switch to the back
- Cat Pose
- Inhale, scoop the belly
- Exhale, Cow Pose
- Drop the belly low

LAYER 3

- Mobilizing the spine – flexion and extension



01. I KNOW 4:53mins

TECHNIQUE AND COACHING

KNEELING LUNGE TWIST, FORWARD FOLD, RAGDOLL POSE, SIDE BEND

LAYER 1

- *Step front leg forward to Lunge*
- *Inhale, turn from the center of the chest*
- *Exhale, ground hips*
- *Option: Full Lunge, back knee off the floor*
- *Forward Fold*
- *Feet under hips*
- **Bend knees**
- **Belly braced**
- *Ragdoll Pose – grab elbows*
- *Inhale and rise to Mountain Pose*
- *Side Bend, back arm*
- *Switch to the front*

ESSENCE TIPS

Let this Warm-up be about connecting participants with their bodies through breath and exploration.

These poses mobilize and awaken the spine, shoulders, core and hips, preparing for the workout ahead. Give choices of ranges of motion so participants can take what is right for them today.

Clear coaching is important for getting 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.



02. SUN SALUTATIONS

TRACK FOCUS

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

EQUIPMENT

Mat to 45°

MUSIC		EXERCISE		CTS	REPS
			Set up MOUNTAIN POSE , facing L, feet together or hip-width apart		
0:02	V1 / _ Breathing in	6x8 A	Inhale – EXTENDED MOUNTAIN POSE Exhale – FORWARD FOLD	8 8	3x
0:26	PC / Fall apart	14½x8 B	SUN SALUTATIONS SEQUENCE L Inhale – LUNGE L , front leg B Exhale – DOWN DOG Inhale – PLANK POSE , on knees Exhale – CROCODILE POSE , on knees Inhale – BABY COBRA POSE OPTION: Up Dog PREGNANCY OPTION: Cat Pose Exhale – DOWN DOG Inhale – 3-LEGGED DOWN DOG L , front leg lifts Exhale – LUNGE R , front leg F Inhale – LUNGE TWIST R , lift R arm OPTION: L knee down Exhale – DOWN DOG Inhale – 3-LEGGED DOWN DOG R , B leg lifts Exhale – LUNGE L , B leg F Inhale – LUNGE TWIST L , lift L arm OPTION: R knee down Exhale – FORWARD FOLD	8 8 8 8 8 8 8 8 8 8 8 8 8 12	
1:26	V2 / _ It might take	6x8 A	REPEAT EXTENDED MOUNTAIN POSE, FORWARD FOLD	48	
1:51	PC / Fall apart	14x8 B	REPEAT SUN SALUTATIONS SEQUENCE R OPTION: Plank Pose and Crocodile Pose on toes Last Forward Fold – 8cts	112	
2:48	V3 / _ Breathing in	6x8 A	REPEAT EXTENDED MOUNTAIN POSE, FORWARD FOLD OPTION: Baby Back Bend	48	
3:13	PC / Fall apart	14½x8 B	REPEAT SUN SALUTATIONS SEQUENCE L OPTION: Plank Pose and Crocodile Pose on toes Last Forward Fold – 12cts	116	
4:13	V4 / _ It might take	6x8 A	REPEAT EXTENDED MOUNTAIN POSE, FORWARD FOLD OPTION: Baby Back Bend	48	
4:38	PC / Fall apart	14x8 B	REPEAT SUN SALUTATIONS SEQUENCE R OPTION: Plank Pose and Crocodile Pose on toes Roll up to standing	112	



02. STILL BE THERE 5:40mins

TECHNIQUE AND COACHING

EXTENDED MOUNTAIN POSE TO FORWARD FOLD

LAYER 1

- Mountain Pose
- Feet hip-width apart
- Pregnancy Option: Take your feet wider than hip-width
- Inhale, Extended Mountain Pose
- Exhale, Forward Fold
- We do this 3 times
- **Bend knees**
- **Lift belly strongly**
- Option: Back Bend
- **Squeeze butt**

LAYER 3

- Tuck chin in on the Fold
- We mobilize the spine as we roll up
- We activate the core as we fold

LUNGE TO DOWN DOG

LAYER 1

- Inhale, front leg to Lunge
- **Knee over ankle**
- Exhale, hips down
- Inhale, press back to Down Dog
- Exhale, hips high

LAYER 3

- Energetically press back

PLANK POSE TO CROCODILE POSE

LAYER 1

- Inhale, roll forward to Plank Pose
- Exhale, knees down
- Shoulders stack over wrists
- Inhale, Crocodile Pose halfway down
- Exhale, elbows in
- **Core braced**

BABY COBRA POSE/UP DOG TO DOWN DOG

LAYER 1

- Pregnancy Option: Cat Pose
- Lie belly to floor for Baby Cobra Pose
- **Squeeze butt**
- Up Dog, thighs lift off floor

LAYER 3

- Feel your hips come through to get more extension out of your spine

3-LEGGED DOWN DOG TO LUNGE TWIST

LAYER 1

- Inhale, 3-Legged Down Dog, front leg
- Open hip
- **Square shoulders to floor**
- Exhale, sweep through into Lunge
- Foot replaces hand
- Inhale, twist to front
- Rotate from the center of the chest
- Exhale, squeeze inner thighs
- Exhale, Down Dog

LAYER 3

- Anchor the lower body so all the rotation comes from the thoracic spine
- Awakening the body
- The breath guides all of your movement

ESSENCE TIPS

This flow requires a hip-width Mountain Pose and you offer pregnant participants to take a wider stance for comfort.

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 and success over their workout and that comes from understanding the sequence FIRST.

For pregnancy options, give the choice for participants 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 participants 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.

The third round's option is a Baby Back Bend for more extension, along with coaching where they should be feeling the poses. Less is always more in the fourth round to encourage internal freedom.



03A. STANDING STRENGTH

TRACK FOCUS

Coach alignment for strength and precision in the poses.

EQUIPMENT

Mat to 45°

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	5x8	A	Inhale/Exhale – WIDE SQUAT , hands on thighs	40	
0:24	C / _ Come along	7½x8	B	Inhale/Exhale – SIDE BEND L, L Heel Lift	16	2x
				OPTION: No Heel Lift		
				Inhale/Exhale – SIDE BEND R, R Heel Lift	16	
				Last Side Bend to R – 12cts		
1:01	V / Stay out	8x8	C	Inhale/Exhale – TRIANGLE POSE L	64	
				OPTION: Reach top arm B		
1:40	C / _ Come along	4x8	C¹	Inhale – WRAP R ARM	8	
				Exhale – REACH L ARM TO L	24	
1:57	Come along (Muffled)	7½x8	C	REPEAT TRIANGLE POSE R	60	
2:34	C / _ Come along	4x8	C¹	REPEAT WRAP L ARM, REACH R ARM	32	



03A. COME ALONG 2:55mins

TECHNIQUE AND COACHING

WIDE SQUAT WITH SIDE BEND

LAYER 1

- Feet outside hip-width
- Toes turned out slightly
- Inhale, lift; exhale, lower tail bone
- **Press knees open**
- **Tuck the tail bone under to engage the lower belly**
- Inhale, Side Bend to the right side
- Exhale to sink lower
- Option: Lift heel
- C-shape the spine

LAYER 3

- We are going to cultivate a lot of heat in the legs
- As we inhale we lengthen and as we exhale we sink lower to find strength

TRIANGLE POSE

LAYER 1

- Triangle Pose to the right
- Inhale, right toes to the top of the mat
- Exhale, back toes turn in
- **Square hips to the front**
- **Core braced**
- Inhale to reach, exhale and land
- **Squeeze butt**
- Open top hand to the back of the room
- Micro bend in the knee
- Inhale, option to take a half bind
- Exhale, reach the bottom hand out

LAYER 3

- Feel how active the lower body is right now
- Top hip is peeling back
- Only take the bind option if you can maintain strength in the lower body
- All 3 points of our Triangle Pose are strong, stable and powerful

ESSENCE TIPS

We continue to grow and expand with our Standing Strength poses. This track provides a wonderful opportunity for your class to explore the progression of their alignment, strength and length as we move with different offerings/levels of the Triangle Pose, focusing on integrity of the pose.

Triangle Pose foundational alignment: Turn your front foot (right foot in a right-side Triangle Pose) out to 90 degrees, and your back foot turns in. This helps with stability and knee protection. Square hips to the front and encourage a soft knee bend for tightness in the hamstrings. Keep your spine straight and feel the lengthening through both sides of your waist, engaging the core to maintain this alignment.

Open your chest and lift your ribcage up and away from your pelvis. Imagine you are lifting the right side of your ribcage up and away from the right side of your pelvis. You can gaze at your extended hand or look slightly forward, or down, whichever feels more comfortable.

Breathe and send life through your entire body!



03B. STANDING STRENGTH

TRACK FOCUS

Coach to deep knee bends to ground and stabilize the poses.

EQUIPMENT

Mat to 45°

MUSIC		EXERCISE		CTS	REPS
0:07	V1 / A while there	4x8	A Inhale/Exhale – INTENSE POSE , arms O/H, palms facing each other	32	
0:34	And I thank	4½x8	B Inhale/Exhale – WARRIOR 3 L, arms sweep B OPTION: Toes down, Extended Lunge	36	
1:05	(Guitar)	3x8	A¹ Inhale/Exhale – INTENSE POSE , lift L heel OPTION: Lift L knee	24	
1:26	C / _ Please stay	3x8	B Inhale/Exhale – WARRIOR 3 L	24	
1:47	_ Please don't	1x8	A¹ REPEAT INTENSE POSE , lift L heel	8	
1:53	V2 / Found my mind	4x8	B REPEAT WARRIOR 3 R	32	
2:20	C / _ Please stay	2x8	A¹ REPEAT INTENSE POSE , lift R heel	16	
2:34	_ Ohh ohh	2x8	B REPEAT WARRIOR 3 R	16	
2:47	Outro / Oh God _ I need	1x8	A¹ REPEAT INTENSE POSE , lift R heel	8	



03B. BEAUTIFUL THINGS 2:59mins

TECHNIQUE AND COACHING

INTENSE POSE, WARRIOR 3 SEQUENCE

LAYER 1

- *Intense Pose, feet together*
- *Breathe your arms up*
- *Exhale, sink your hips back and down*
- *Tuck the tail bone under to **engage the abs***
- *Shoulders away from the ears*
- *Warrior 3*
- *Right leg lifts*
- *Arms back*
- *You can stay with the touch down or lift the back leg off the floor*
- **Brace the core to square hips to front**
- *Sweep back through to Intense Pose*
- *Touch the foot down or lift the knee*

LAYER 3

- *Everything is active in your body*
- *Bend deeper into your standing leg*
- *Find the energy and heat*

ESSENCE TIPS

We cultivate strength, energy and power through our Warrior 3 sequence. The coaching focus is on building strength in the standing leg for the Warrior 3 and Intense Pose. Coach the option to tap down. Keeping the Layer 1 cues simple allows space to pause and look out at your class and then follow up with Layer 3 cues to deepen the pose/experience for the participants.

Giving your participants autonomy over their choices in class provides more success for their overall experience. How can you encourage your participants to explore what is possible in their bodies today through breathing their way and feeling the emotion of this powerful song and choreography?



04. BALANCE

TRACK FOCUS

Coach to steady eye gaze for concentration.

EQUIPMENT

Mat to 45°

MUSIC		EXERCISE		CTS	REPS
0:00	Intro /	4x8	A Inhale/Exhale – EXTENDED WARRIOR L, legs wide, bend L knee, weight shift into L leg, lift R heel, torso lean to L side, L hand to L thigh	16	
0:13	V1 / _ You cast		Inhale/Exhale – REACH ARMS O/H OPTION: L hand to thigh, light R arm O/H	16	
0:26	_ We were like	4x8	A ¹ ARM CIRCLES Exhale – CROSS HANDS over face Inhale – CIRCLE ARMS wide to O/H, L diagonal OPTION: Keep L hand to thigh, follow arm sequence with single R arm	4 4	4x
0:51	C / We blew up	2x8	B Inhale/Exhale – FLOATING HALF MOON POSE L	16	
1:03	_ I thought	2x8	C Inhale/Exhale – FLOWER POSE L	16	
1:16	V2 / _ I think we	2x8	A REPEAT EXTENDED WARRIOR R and REACH ARMS O/H , 8cts each	16	
1:28	_ We were like	4x8	A ¹ REPEAT ARM CIRCLES	32	
1:54	C / We blew up	4x8	B–C REPEAT FLOATING HALF MOON POSE R and FLOWER POSE R	32	
2:19	Br / _ Held prisoner	4x8	D Inhale/Exhale – INTENSE POSE with heels lifted	32	
2:44	C / We blew up	6x8	D ¹ , A ¹ ARM CIRCLE COMBO WITH SIDE BEND L&R Exhale – ARMS CROSS in front of face, SIDE BEND L, knees bent, heels lifted Inhale – ARMS OPEN WIDE TO O/H , torso back to center, knees bent, heels lifted Repeat to R	4 4 8	3x
3:22	Outro /	1x8	D REPEAT INTENSE POSE with heels lifted	8	



04. LOOK WHAT WE'VE DONE 3:28mins

TECHNIQUE AND COACHING

FLOATING HALF MOON POSE / FLOWER POSE SEQUENCE

LAYER 1

- *Preparing for Floating Half Moon Pose*
- *Take your feet outside hip-width*
- *Inhale, bend your right knee*
- *Exhale, transfer the weight into the front leg*
- *Back heel off the floor*
- *Breathe your single or double arms up*
- **Abs braced to keep the spine long**
- *Exhale, arm-lines cross down*
- *Inhale, circle arms up*
- *Floating Half Moon Pose*
- *Inhale, shift the weight into the front leg*
- *Exhale, lift the back leg off the floor*
- *Flex the foot*
- *Leg in line with spine*
- *Flower Pose*
- *Inhale, bend the knee*
- *Exhale, grab the ankle*
- *Exhale, heel into your butt*
- **Squeeze butt**
- *Inhale, reach the bottom arm up*
- *Exhale, open hip*

LAYER 3

- *If you lose balance at any time today, touch down on the floor*
- *Steady the eyes and listen to my voice*
- *Open the heart space*
- *Keep pressing hips forward to open your Flower Pose*

INTENSE POSE WITH ARM CIRCLE

LAYER 1

- *Feet together*
- *Inhale, reach arms over head*
- *Lift heels*
- *Intense Pose*
- *Bend knees and sit low*
- *Side Bend to the right side*
- *Cross arms down and circle up*

LAYER 3

- *Touch down on the floor if you lose your balance*
- *Glue the knees together*
- *Come back into your breath*
- *Allow yourself to feel what needs to be felt*

ESSENCE TIPS

This Balance track will bring challenges along with awareness and acceptance of where you are today in your journey. Coaching from a place of encouragement and autonomy is important for participant success; look out at your class and see the effort. Regardless of what options your participants choose, whether they can hold their pose, or touch down regularly, celebrate their efforts.

We set up the alignment of Floating Half Moon Pose for the lower body at the start of the track. This creates ease into the Floating Half Moon Pose and Flower Pose. We ground the standing leg, stack the hips, opening the chest and aligning the spine. As we transition to Flower Pose we coach grabbing the ankle, drawing heel to butt, pressing hips forward to open the hip as you lift your arm to express the flower.

Be super clear with pose names and alignment (BPD) cues so participants do not need to look up and can focus on your voice 'guiding' them through the poses, along with this powerful music.



05. CORE – ABDOMINALS

TRACK FOCUS

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

EQUIPMENT

Mat to 45°

MUSIC		EXERCISE		CTS	REPS
0:04	V1 / Darling I	4x8	Lie SUPINE , facing the side, knees over hips	32	
0:20	My heart	4x8	A DOUBLE TOE TAPS Inhale – Lower toes to floor Exhale – Knees over hips PREGNANCY OPTION: On elbows, knees wide, toes together, double Toe Taps	4 4	4x
0:36	C / To give it	8x8	B Inhale/Exhale – PULSE CRUNCH , crunch up 1ct, down 1ct OPTION: Legs to 45° PREGNANCY OPTION: In own time, reach L hand alongside legs towards L shin; repeat to R	2	32x
1:08	V2 / Over you	12x8	C LEG CIRCLES Inhale – Lower legs to 45° Exhale – Circle legs wide to 90° OPTION: Knees bent PREGNANCY OPTION: Leg Circles with knees bent	4 4	12x
1:57	C / To give it	8x8	B REPEAT PULSE CRUNCH	64	
2:30	Ref / My heart	4x8	C REPEAT LEG CIRCLES	32	



05. EMERGENCY 2:48mins

TECHNIQUE AND COACHING

DOUBLE TOE TAPS

LAYER 1

- Lie down on your back
- Side-on
- Pregnancy Option: On your elbows – chest lifted
- Palms up
- **Press the lower back down towards the floor and brace the abs**
- Knees over hips, shins parallel
- 2/2 Double Leg Lowers
- Breathing in through the nose and out through the mouth
- Finding the imprint position

PULSE CRUNCH

LAYER 1

- Lift shoulders off the floor
- Pulsing Crunch
- **Chin tucked in**
- Eyes gaze in between the knees
- **Ribs to hips**
- Challenge – take legs to 45 degrees
- **Lower back towards the floor**
- Keep the breath coming

LAYER 3

- If you can stay with the imprint position – take the challenge

LEG CIRCLES

LAYER 1

- Head and arms down
- Leg circles
- Legs to 45 degrees and circle up
- Bend knees if you need to reduce the intensity
- **Abs braced to keep the lower back close to the floor**

LAYER 3

- We build strength where we have control

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 up the Crunches and Leg Circles. Remind your participants to brace the belly and keep the lower back towards the floor to help them succeed in this track, as well as using constant reminders of powerful breathing (in through the nose and out through the mouth).

Offer encouraging cues to connect them with their bodies and discover what they are capable of. They will often surprise themselves and we know the results are so worth it.



06. CORE – BACK

TRACK FOCUS

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

EQUIPMENT

Mat to 45°

MUSIC		EXERCISE		CTS	REPS
0:00	Earth for _	4x8	A	Inhale/Exhale – DOWN DOG	32
0:18	(Beat)	12x8	A ¹	Inhale – PLANK POSE , rolling through spine, knees or toes	16 3x
				Exhale – DOWN DOG	16
1:02	Earth for _	8½x8	B	Inhale/Exhale – SIDE PLANK L, L hand and knee to floor, R arm up	68
				OPTION: Lift R knee, R hand holds R shin	
				OPTION: Straighten L leg	
				OPTION: Extend R leg, holding toes	
1:34	Earth for _ (Quiet pause)	12x8	C	Exhale – CHILDS POSE	Own
				Inhale – STRIKING COBRA	Own
				Moving in own time	time
				OPTION: Hover knees to Crouch, replacing Childs Pose	
2:18	Earth for _	12x8	B	REPEAT SIDE PLANK R	96



06. THE KIND OF LOVE 3:07mins

TECHNIQUE AND COACHING

DOWN DOG TO PLANK POSE SEQUENCE

LAYER 1

- Inhale, roll forward into Plank Pose
- Exhale, **shoulders over hands**
- **Core braced**
- **Back long and straight**
- **Squeeze glutes**

LAYER 3

- Feel the breath lift the lower belly and control into your Plank
- Roll the body like a wave

SIDE PLANK

LAYER 1

- Face the front
- Option: Bottom leg bent
- Top leg extended
- Or grab under the knee
- Press the hips forward, **squeezing glutes**
- **Lift the bottom hip to engage the obliques**
- You can straighten the top leg

LAYER 3

- Find a place where you can keep the bottom hip lifted and the spine long

CHILDS POSE TO STRIKING COBRA

LAYER 1

- Knees wide
- Toes together
- Bring chest in between arms
- Elbows wide
- Elbows in as you find Striking Cobra
- **Squeeze glutes**
- Press back to Childs Pose
- Move in your own timing

LAYER 3

- Shoulder blades anchor to back ribs
- Add some speed and power if you want to by tucking toes under
- Cobra strikes and reset

ESSENCE TIPS

We set up the Side Plank focusing on coaching the foundation of alignment first – coach the tail bone tucking under (squeezing glutes), pressing the hips forward to keep the spine long, with bottom hip lifted.

As you progressively coach participants on what levels are available for them, use language that invites them into exploration. Encourage what is possible in their bodies today, right now, so they can be present; as we know, every day is different.



07. HIP OPENERS

TRACK FOCUS

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

EQUIPMENT

Mat to 45°

MUSIC		EXERCISE		CTS	REPS
0:00	Intro /	2x8	A Inhale/Exhale – CHILDS POSE , facing L	16	
0:17	V1 / _ I was listening	4x8	A ¹ Inhale/Exhale – CHILDS POSE WITH TRICEP STRETCH , palms together, bend elbows, hands behind head	32	
0:50	C / And I was running	5x8	B Inhale/Exhale – SWAN POSE R (front leg F) OPTION: 90/90 Pose	16	
			Inhale/Exhale – EXTENDED SWAN POSE R OPTION: Swan Pose R	24	
1:32	PC / And all this time	2x8	B ¹ Inhale/Exhale – TWISTED SWAN POSE R, L arm threads to front, under R arm OPTION: Walk hands to front diagonal, chest lifted OPTION: Extended Swan Pose	16	
1:48	C / And I was running	5x8	B ² Inhale/Exhale – PRAYER SWAN POSE R, palms together, press L elbow into floor, lift chest OPTION: Extended Swan Pose OPTION: Twisted Swan Pose	40	
2:30	Br / I kept running	4x8	C Inhale/Exhale – 3-LEGGED DOWN DOG R, front leg lifts Inhale/Exhale – 3-LEGGED DOWN DOG WITH OPEN HIP R, bend front knee	16 16	
3:04	C / And I was running	2x8	B Inhale/Exhale – SWAN POSE R, chest lifted, hands to sides on floor Set up arms	16	
3:20	I belong	5x8	B ³ Exhale – CHEST FOLDS F Inhale – LIFT CHEST Hands to floor or clasp hands behind back, moving in own time Finish with chest F	40	Own time
4:01	(Quiet)	5x8	D Inhale/Exhale – LOW SQUAT , facing L, palms together OPTION: Childs Pose	40	
4:51	C / And I was running	5x8	B REPEAT SWAN POSE L, facing L, and EXTENDED SWAN POSE L	40	
5:33	PC / And all this time	2x8	B ¹ REPEAT TWISTED SWAN POSE L (turning to B)	16	
5:49	C / And I was running	5x8	B ² REPEAT PRAYER SWAN POSE L	40	
6:31	Br / I kept running	4x8	C REPEAT 3-LEGGED DOWN DOG L and 3-LEGGED DOWN DOG WITH OPEN HIP L	32	
7:04	C / And I was running	2x8	B REPEAT SWAN POSE L, chest lifted	16	
7:21	I belong	5x8	B ³ REPEAT CHEST FOLD F and LIFT CHEST Finish with chest F	40	Own time



07. RUNAWAY 8:09mins

TECHNIQUE AND COACHING

CHILDS POSE WITH TRICEP STRETCH

LAYER 1

- Inhale, knees wide
- Exhale, toes together
- Option: Bring palms together
- Bring hands towards the back of the neck

LAYER 3

- Let your body soften

SWAN POSE

LAYER 1

- Swan Pose
- Option: 90/90 Pose
- Inhale, **heel to groin for Swan Pose**
- Exhale, roll the top hip over to square the hips to front
- Option: Take a Twist
- Thread The Needle or Hands To Prayer
- Option: Shoulder Stretch

LAYER 3

- Your posture, your practice
- Your breath leads the way

3-LEGGED DOWN DOG

LAYER 1

- Front leg lifts to open hip
- Bend the top knee

LAYER 3

- Feel the hip open as you square the shoulders to the floor

LOW SQUAT

LAYER 1

- Feet outside hip-width
- Inhale, sit the hips down
- Exhale, **long spine**
- Hands to Prayer

LAYER 3

- Find a position where your spine is long and your breath is smooth

ESSENCE TIPS

This is a beautifully choreographed track as we move through Childs Pose, Swan Pose and 3-Legged Down Dog with lots of variations for everyone.

Our body's structure is unique, so let's help move our participants to this accepting place by offering variations and encouraging exploration through all the poses as we celebrate love. It's all about the attitude we bring to teach this Hip Openers track.

To help create an internal experience for your participants, only say what you need to say – which will allow them to feel the music and emotion.



08. TWISTS

TRACK FOCUS

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

EQUIPMENT

Mat to 45°

MUSIC		EXERCISE		CTS	REPS
0:02	Intro /	3x6	Lie SUPINE , facing R, hug knees to chest	18	
0:18	V / Wormwood	5x6	A Inhale/Exhale – SUPINE TWIST WITH LEG WRAP R, R (back) leg over L (front) leg, knees land to front, arms wide OPTION: No Leg Wrap	30	
0:48	(Piano) _ Wormwood	10x6	B RAINBOW R Exhale – R arm lifts up, across to L arm Inhale – Circle R fingertips on floor O/H, open to B	60	Own time
1:50	(Piano _ quiet tapping sound)	2x6	Return to center, set up SUPINE TWIST WITH LEG WRAP L	12	
2:01	V / Wormwood	5x6	A REPEAT SUPINE TWIST WITH LEG WRAP L	30	
2:31	(Piano) _ Wormwood	10x6	B REPEAT RAINBOW L	60	



08. ALL ELSE 3:35mins

TECHNIQUE AND COACHING

SUPINE TWIST WITH RAINBOW

LAYER 1

- *Breathe and hug your knees in towards chest*
- *Inhale, drop knees to the front of the room*
- *Exhale, shoulders anchor down*
- *Cross the top leg over or extend the top leg*
- *Press shoulders into the floor*
- *Exhale, back hand to front*
- *Inhale and circle arm over head slowly*

LAYER 3

- *Create a beautiful rotation in the body*
- *Explore how far the breath can help you twist*
- *Enjoy the pause in your journey*
- *Work at your own pace on the Arm Circles*

ESSENCE TIPS

This is a super simple and restorative Twists track. Coach moments of silence to allow your participants time to feel and enjoy the stretch in their bodies, as well as considering if they need to adjust so it feels as good as it possibly can. Coach to the balance of energy as we twist or lift, and then a surrender and release as we settle in.



09. FORWARD BENDS / HAMSTRINGS

TRACK FOCUS

Coach to levels for autonomy in the poses and breath to deepen their stretches.

EQUIPMENT

Mat to 45°

MUSIC			EXERCISE		CTS	REPS
0:00	V / _ Tell me	6x8	A	Inhale/Exhale – HUG L KNEE TO CHEST , or over to L shoulder, R leg long OPTION: R knee bent	48	
0:33	C / Right here _	4x8	B	Inhale/Exhale – LYING HAMSTRING STRETCH L , extend L leg up OPTION: Knee to nose, lift upper body	32	
0:55	Here _	8x8	C	Inhale/Exhale – SEATED HALF FORWARD FOLD R , extend R leg on floor, L foot to inside R thigh, facing R	64	
1:40	Br / _ I know	6x8	D	Inhale/Exhale – SIDE BEND R , lift L arm, R hand alongside R leg OPTION: R arm over L thigh	48	
2:13	C / Right here _	4x8	E	Inhale/Exhale – SPIRAL TWIST L , L hand and knee to floor, reach R arm to L OPTION: Turn chest up to ceiling, open R arm B	32	
2:36	V / _ Tell me	6x8	A	REPEAT HUG R KNEE TO CHEST or shoulder	48	
3:09	C / Right here _	4x8	B	REPEAT LYING HAMSTRING STRETCH R	32	
3:32	Here _	8x8	C	REPEAT SEATED HALF FORWARD FOLD L , facing L	64	
4:17	Br / _ I know	6x8	D	REPEAT SIDE BEND L , facing B	48	
4:50	C / Right here _	4x8	E	REPEAT SPIRAL TWIST R , facing B	32	



09. RIGHT HERE 5:17mins

TECHNIQUE AND COACHING

KNEE TO CHEST POSE, LYING HAMSTRING STRETCH

LAYER 1

- Hug knees to chest
- Inhale, front knee to chest
- Exhale, back leg bent or extended
- Hamstring Stretch
- Unfolding your leg
- Holding low or high
- Option: Lift upper body
- Nose towards knee

LAYER 3

- If you want a little more intensity, take the knee towards your shoulder
- Have faith in yourself
- Deepen the relationship with yourself
- This provides the foundation to all your relationships in your world

SEATED HALF FORWARD FOLD, SIDE BEND, SPIRAL TWIST

LAYER 1

- Grab the back of the leg to roll up
- Half Forward Fold
- Front foot into inner thigh
- Square your body to front
- Inhale to lengthen
- **Draw belly in**
- Exhale to fold
- Inhale, extend your arm to the ceiling
- Exhale and C-shape the spine
- Spiral Twist
- **Hand under shoulder**
- **Squeeze butt**
- Lift hips and take arm over ear

LAYER 3

- Nose to knee
- Release your hamstrings and lower back
- Soften and breathe
- Open your arm and shine out

ESSENCE TIPS

Hamstring Stretches are difficult for most, so acknowledge this by helping your participants to let go of effort and come into acceptance. Yoga is for everyone, so coaching options will help give your participants control to choose what feels right for them on the day. Find the balance between coaching technical cues and leaving space for people to breathe and immerse themselves in the poses and music.



10. RELAXATION / MEDITATION

WHITE 11:33mins

TRACK FOCUS

Create a breathing practice.

EQUIPMENT

Mat to 45°

Let's prepare for relaxation and meditation. So, if it feels nice, you might like to grab a pair of socks, maybe a sweater. It might feel nice to have a drink of water. There is no rush at all. When you're ready, make your way down to your mats.

You might like to take a couple of poses to help you relax. One option is Extended Butterfly Pose. The soles of the feet together, knees open wide, arms over head, and a gentle clasp of forearms or elbows. Allow your hips to become heavy. If it feels nice, you might like to lift your hips, tuck your tail bone under and feel the length you've created in your spine. Feel your shoulders relax away from your ears and notice how gravity assists the openness of your hips with a gentle tug on your legs.

You're welcome to stay here in Extended Butterfly Pose, or, if you'd like to, I invite you to explore Happy Baby Pose. Grabbing the soles of the feet, and pressing the knees down outside of the ribs, the shoulders are becoming heavy. As you breathe in, it might feel good to press your feet and hands against each other. A little bit of tension to open the hips. As you breathe out, press the lower back towards the floor, and feel length in the spine.

You're more than welcome to stay here or take one final pose – my favorite pose, Banana Pose! Legs extend, arms reach over head. Bringing hands and feet to the same direction, C-shaping the spine. Feel your hips and shoulders act as an anchor and just breathe into this shape. Feel free to explore the other side.

Any pose is available to you, but if you feel ready you can make your way into your final resting pose for relaxation and meditation. I invite you to explore a box breathing exercise with us. Taking a breath out to prepare, and together we breathe in for 4, 3, 2, pause. Breathe out for 4, 3, 2, pause. Breathing in slower – 4, 3, 2, pausing longer. Breathing out for 4, 3, 2, pause. Feel free to continue this box breathing exercise, or return to a natural breath.

So today we celebrated freedom of movement, and stillness is simply movement in its simplest form. If your mind starts to wander, you're welcome to come back to the box breathing. Do what you need to do.

You can start to deepen your breath. Send a bit of energy to your fingers and toes, a little bit of movement. Allow that movement to grow to the wrists and ankles. No rush at all; feel free to take any stretch or pose that feels good for you. Maybe hugging the knees into the chest, finding a bit of movement to massage your lower back. Maybe a turn of your head from side to side. Then gently find your way to the fetal position. Rolling to one side, using an outstretched arm as a pillow for your head to rest on. As we pause here for a few breaths, it might feel nice to consider how you felt when you stepped onto your mat today – and how you feel now. Notice what a difference simple movements, celebrating freedom of movement, can make in your body, your breath and that faith that you have in yourself. Holding onto that thought, let's keep our eyes closed, gently press our way up to seated, using our senses to find our way back to our mats. Take a full breath in, and a full breath out. Twice more.

In your own time, I invite you to flutter your eyes open. Welcome back. I hope you enjoyed BODYBALANCE 109.



BONUS

01. TAI CHI WARM-UP

TRACK FOCUS

Focus on coaching breath to deeply warm the body.

EQUIPMENT

Mat to 45°

MUSIC		EXERCISE		CTS	REPS
0:05	Intro /	2½x8	Set up WIDE WU CHI	20	
0:17	(Beat)	8x8	A ROLL UP AND WEIGHT SHIFT (slow) L&R		2x
			Inhale – Roll up through spine, arms wrap O/H, then reach up	8	
			Exhale – Weight Shift L, arms wide, palms down	8	
			REPEAT to R	16	
0:54	(Distorted vocals, louder/faster beat)	8x8	B INFINITY ARMS L&R		16x
			Inhale – Weight Shift L, Weight Shift R, arms circle low in figure 8 L then R, palms facing each other	4	
			Exhale – Repeat	4	
			OPTION: After 4x8, move arms in figure 8 at any height		
1:30	I see in my mind	4x8	A REPEAT ROLL UP AND WEIGHT SHIFT (slow) L&R	32	1x
			OPTION: Lift toes of extended leg in Weight Shift		
1:49	_ Teach me	6x8	A¹ ROLL UP AND WEIGHT SHIFT (fast) L&R		3x
			Inhale – Roll up through spine, arms wrap over head, then reach up	4	
			Exhale – Weight Shift L, arms wide, palms down	4	
			Repeat to R	8	
			OPTION: Lift toes of extended leg in Weight Shift		
			OPTION: Add Mudra to top hand, first or second finger touches thumb		
2:16	(Distorted vocals, louder/faster beat)	12x8	B REPEAT INFINITY ARMS L&R	96	



BONUS

01. YOU 3:17mins

TECHNIQUE AND COACHING

ROLL UP AND WEIGHT SHIFT SEQUENCE

LAYER 1

- Come into Wide Wu Chi position
- Feet outside shoulder-width
- **Knees press out over the toes**
- Toes turn in slightly
- Tuck tail bone under
- **Inhale, scoop belly**
- Circle the arms over head
- Exhale, bend right knee
- Arms open wide into Birds Tail Arms
- Chest lifted
- Option: Lift toes back
- Option: Add Mudra to top hand

LAYER 3

- Finding length and sinking as we breathe
- We scoop, finding more length and depth
- What might you discover?

WIDE WU CHI WITH INFINITY ARMS

LAYER 1

- Sweep arms from side to side
- **Turn from the center of the chest**
- Tracing a figure 8 with the hands
- Keep tail bone tucked under
- Feel the belly engage as you move
- Maybe lifting the arms higher

LAYER 3

- Today is a celebration of movement
- Our body is fluid like water

ESSENCE TIPS

The Wide Wu Chi sequences bring energy, mobilization and the connection of breath to the body. Coach knee alignment for stability in the legs and core as we release the upper body when folding and rolling. The first arm sequence into Birds Tail Arms offers an option to add a toe lift for those looking to explore more physicality. Bring first or second finger to thumb, whatever feels best to create the Birds Tail Arms.

The second sequence with Infinity Arms offers an option to lift arms to shoulder height or keep them low. High engages more shoulder and core muscles and low allows participants to focus on their legs. Coach that the knees, hips and shoulders lead the movement, and the arms simply trail behind.



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.

