



BODYBALANCE 113



Presenters L-R:

Fraser Beck (New Zealand), Kylie Gates (Australia), Khiran Huston (New Zealand),
Julia Marusic (Switzerland)

This release is all about freedom, flow and ‘finding your edge’. It feels like a beautiful progression of movement to us, a way to explore the depth of each posture and unlock strength we might not realize we have yet.

The energy builds through a deeply emotive soundtrack, with standout moments that pull you in to feel connection with our bodies and the music. We can really feel something and move with more intention.

There is an emphasis on strength throughout, especially in the lower body. Two powerful Standing Strength tracks challenge our stability and control through both open and closed hip work. You’ll see your participants find new territories and discover what they are capable of.

We also chose strong Pilates moves and a Twists track that adds depth and intensity which supports both strength and mobility in a balanced way.

Overall, this class feels powerful, expressive and empowering. One where people can tune into themselves, breathe, move with purpose and leave feeling stronger from the inside out.

We hope you love it.

With love

The BODYBALANCE Team xo

Jackie *Dana*

BODYBALANCE 113

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

09A. FORWARD BENDS

09B. HAMSTRINGS

10. RELAXATION / MEDITATION

BONUS

01. TAI CHI WARM-UP

DECLARATION OF INTENT

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TEACHING THE ESSENCE OF BODYBALANCE

6 Keys to unlocking the Mind-Body Experience:

Stay in a Balance Frame of Mind

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

Don't Pose

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

Keep Cues Simple

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

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

This is SBS

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

Our silence allows us to stay more
IN THE MOMENT.

Don't Waste Words

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

Question Yourself

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

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

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

Books:

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

Journey Into Power, Baron Baptiste (Simon and Schuster)

Dynamic Yoga, Kia Meaux (Dorling Kindersley Ltd)

Awakening the Spine, Vanda Scaravelli (Harper Collins)

Videos:

Power Tai Chi, Master Jerry Alan Johnson (Goldhill Videos)

Yoga Journals, Yoga Step by Step,

Natasha Rizopoulos (Natural Instincts)

Tai Chi for Health, Terence Dunn (Healing Arts)



MUSIC

- 01

Bloom (4:42)
The Paper Kites
© 2016 The Paper Kites under exclusive license to Netzwerk Productions.
Written by: Lawrence, Jackson, Thorpe, Pepin
- 02

All My Love (2:25)
Elderbrook
© 2020 Parlophone Records Limited.
Written by: Kotz, Manson
- All My Love** (2:17)
Elderbrook
© 2020 Parlophone Records Limited.
Written by: Kotz, Manson
- 03A

Superstition (4:08)
Stevie Wonder
Courtesy of the Universal Music Group.
Written by: Wonder
- 03B

You & I (3:36)
Laminar feat. Kaylee Jordaan
Courtesy of Les Mills Music Licensing Ltd.
Written by: Kasler, Jordaan
- 04

Amen (It Is Well) (4:10)
Armadil
© 2026 Les Mills Music Licensing Ltd.
Written by: D. Onka, Ladd, F. Onka
- 05

Everywhere (5:15)
West Coast Conspiracy
© 2026 Les Mills Music Licensing Ltd.
Written by: McVie, Buckingham
- 06

Inner Light (4:26)
Elderbrook & Bob Moses
© 2021 Parlophone Records Limited.
Written by: Kotz, Howie, Vallance
- 07

Wonderwall (3:57)
Ryan Adams
Courtesy of the Universal Music Group.
Written by: Gallagher
- 08

The Hudson (3:35)
The Favors, FINNEAS & ASHE
Courtesy of the Universal Music Group.
Written by: O’Connell, Willson
- 09A

Strong (4:49)
London Grammar
Courtesy of the Universal Music Group.
Written by: Major, Reid, Rothman
- 09B

Enough (5:22)
Fred again.. & Brian Eno
© 2023 Opal Limited & Fred again.. under exclusive license to Text Records.
Written by: Gibson, Rader, Eno, Sherman
- 10

Oasis Of Peace (5:57)
Stanton Lanier
© 2025 Sky Whisper Sound, LLC.
Written by: Lanier
- BONUS 01

Lovely Day (4:28)
Bill Withers
© 1994 Sony Music Entertainment.
Written by: Scarborough, Withers Jr.



EXPRESS FORMATS

30-MINUTE STRENGTH

Track 01	Yoga Warm-up
Track 02	Sun Salutations
Track 03A	Standing Strength
Track 04	Balance
Track 05	Core – Abdominals
Track 06	Core – Back
Total Time	27:23
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	34:34
Option to add	Tai Chi Warm-up, Hip Openers or Forward Bends/Hamstrings
Total Time with Tai Chi Warm-up	39:02
Total Time with Hip Openers	38:31
Total Time with Forward Bends/Hamstrings	44:45
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 09A&B	Forward Bends/Hamstrings
Total Time	39:01
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		



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

MUSIC			EXERCISE		CTS	REPS
0:05	Intro /	4x8	A	Inhale/Exhale – CHILDS POSE	32	
0:25	V1 / When I wake	4x8	A ¹	Inhale/Exhale – TWISTED CHILDS POSE L , back arm under front arm ↑ OPTION: Hands to Prayer position	32	
0:45	V1 cont. / In a letter	4x8	A ¹	REPEAT TWISTED CHILDS POSE R (to B)	32	
1:05	C / Close to you	4x8	B	Exhale – CAT POSE Inhale – COW POSE	8 8	2x
1:25	V2 / To a moment	2x8	C	Inhale/Exhale – LUNGE R (front foot F), L arm reaches to L side, then circles up and to R	16	
1:35	V2 cont. / Of memories	2x8	C ¹	Inhale/Exhale – Arms O/H, BACK BEND , facing L	16	
1:45	The sun down	4x8	C–C ¹	REPEAT LUNGE L (back foot F), facing B, circle arm and BACK BEND	32	
2:05	C / Close to you	4x8	D	Inhale/Exhale – DOWN DOG	32	
2:25	Instr / _ (Whistle)	8x8	D ¹	Inhale – 3-LEGGED DOG WITH OPEN HIP L , front leg lifts Exhale – DOWN DOG Repeat to R	12 4 16	2x
3:05	C / Close to you	4x8	E	Inhale/Exhale – FORWARD FOLD , walk feet into hands Inhale/Exhale – RAGDOLL POSE	16 16	
3:25	Close to you	5½x8	F	Inhale/Exhale – FLAT BACK EXTEND , hands to shins or thighs	44	
3:52	Instr / _ (Whistle)	4x8	E ¹	Inhale/Exhale – FORWARD FOLD WITH SHOULDER STRETCH	32	
4:12	C / Close to you	6x8	G	Inhale/Exhale – EXTENDED MOUNTAIN POSE Inhale/Exhale – SIDE BEND L Inhale/Exhale – SIDE BEND R	16 16 16	



01. BLOOM 4:42mins

TECHNIQUE AND COACHING

CHILDS POSE TO TWISTED CHILDS POSE

LAYER 1

- Childs Pose
- Big toes together
- Knees wide
- Reach arms long
- Sit hips back to heels
- Exhale, thread back arm to front
- Or palms meet, press palms together, hands to heart space
- Other side
- **Twist from center of chest**

LAYER 3

- You may need to adjust your hips back over the knees to allow your ear and shoulder to meet the mat

CAT POSE TO COW POSE

LAYER 1

- **Hands under shoulders**, exhale to Cat Pose
- **Draw belly in**, chin tucked in
- Inhale, Cow Pose. Drop belly, eye gaze forward
- Navel to spine, round upper back

LUNGE

LAYER 1

- Front leg steps forward to Lunge, arm follows
- **Knee over ankle**
- Reach forward, inhale, rainbow up and over, exhale
- Inhale, reach both arms up
- As you exhale, open your heart space
- **Squeeze butt**

LAYER 3

- Open and surrender

DOWN DOG TO 3-LEGGED DOG WITH OPEN HIP

LAYER 1

- Down Dog
- Hands shoulder-width apart, feet hip-width apart
- Press palms into floor
- Sit bones to ceiling
- Front leg lifts, open 3-Legged Dog, bend knee
- **Keep chest square to floor**
- Open the hip

LAYER 3

- Corkscrew hands into mat, elbows inwards, let head go
- Stretching through back leg, opening up front hip
- Getting nice and warm

FORWARD FOLD TO RAGDOLL POSE

LAYER 1

- Walk feet to hands
- Forward Fold
- **Knees bent, belly lifted**
- Maybe coming to Ragdoll Pose, cupping elbows

FLAT BACK EXTEND

LAYER 1

- Inhale, Flat Back Extend
- Hands to shins or thighs
- Chest lifted
- **Draw belly in**

LAYER 3

- Press your hands into your shins, feel that engage the muscles in the back body
- Keep sending your heart space forward



01. BLOOM 4:42mins

TECHNIQUE AND COACHING

EXTENDED MOUNTAIN POSE TO SIDE BEND LAYER 1

- **Squeeze glutes**
- *Extended Mountain Pose*
- *Circle arms up*
- *Palms touch*
- *Side Bend to front*
- **C-shape spine**
- **Hips square to floor**
- *Breathe the arm up; other side*

ESSENCE TIPS

The poses in this track mobilize and awaken the spine, shoulders and hips, preparing us all for the workout ahead. Simple, clear coaching is essential to getting your class moving and warming up quickly. Remember, it’s OK to strip back your coaching as we begin: focus on efficient Layer 1 Coaching, giving participants the opportunity to explore each pose and discover how their body is feeling today.

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 /	4x8	A	Inhale/Exhale – CHEST STRETCH , facing L, feet together or hip-width apart, hands clasped behind PREGNANCY OPTION: Feet wider		32
0:17	And I'll give you _ (Shaker)	16x8	B	SUN SALUTATIONS SEQUENCE L Inhale – EXTENDED MOUNTAIN POSE Exhale – FORWARD FOLD Inhale – LUNGE L , front leg B Exhale – DOWN DOG Inhale – PLANK POSE , on knees Exhale – CROCODILE POSE , on knees Inhale – BABY COBRA POSE PREGNANCY OPTION: Cat Pose Exhale – DOWN DOG Inhale – KNEELING LUNGE R , front leg F, land back knee PREGNANCY OPTION: Front leg outside front hand Exhale – Lift arms O/H Inhale – BABY BACK BEND Exhale – FORWARD FOLD Inhale – FLAT BACK EXTEND Exhale – FORWARD FOLD Inhale – EXTENDED MOUNTAIN POSE Exhale – CHEST STRETCH		8 8 8 8 8 8 8 8 8 8 8 8 8 8 8
1:25	All my love	16x8	B	REPEAT SUN SALUTATIONS SEQUENCE R ⬆️ OPTION: Plank and Crocodile Poses on toes ⬆️ OPTION: Up Dog replaces Baby Cobra Pose		128
2:34	Give you all	16x8	B	REPEAT SUN SALUTATIONS SEQUENCE L ⬆️ OPTION: Lunge replaces Kneeling Lunge		128
3:42	Give you all	14x8	B	REPEAT SUN SALUTATIONS SEQUENCE R Finish in FORWARD FOLD		112



02. ALL MY LOVE 4:42mins

TECHNIQUE AND COACHING

CHEST STRETCH TO EXTENDED MOUNTAIN POSE

LAYER 1

- Chest Stretch, clasp fingers behind back
- Feet hip-width apart or together
- Pregnancy option: Feet wider
- **Squeeze butt**
- Arms rise
- Palms touch at the top
- Inhale to lift
- Exhale, Chest Stretch

LAYER 3

- Can we feel more in our bodies?
Breathe deeper

FORWARD FOLD

LAYER 1

- Swan dive to Forward Fold
- **Knees bent, belly lifts**
- Exhale to fold

LUNGE

LAYER 1

- Front leg takes a long step back
- **Knee over ankle**
- Back leg, inhale
- Chest lifted

LAYER 3

- Feel more into your body

DOWN DOG

LAYER 1

- Down Dog
- Step back, lift hips high
- Exhale, Down Dog

LAYER 3

- Finding inner energy

PLANK POSE TO CROCODILE POSE

LAYER 1

- Roll through to Plank Pose
- **Shoulders over wrists**
- Knees down
- **Abs braced**
- Crocodile Pose
- Inhale, roll through
- On knees or toes
- **Stop halfway** to protect your shoulders

LAYER 3

- Feel the core

BABY COBRA POSE / UP DOG

LAYER 1

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

LAYER 3

- Feeling the open heart space

KNEELING LUNGE TO BABY BACK BEND

LAYER 1

- Front leg steps through
- Kneeling Lunge, land back knee
- **Knee over ankle**
- Arms lift high
- Baby Back Bend
- **Squeeze glutes**
- Inhale, Kneeling Lunge
- Exhale, arms rise
- Inhale, open to Baby Back Bend
- Exhale, step in
- Knee down or up

LAYER 3

- Power up
- Open right up through the heart space



02. ALL MY LOVE 4:42mins

TECHNIQUE AND COACHING

FLAT BACK EXTEND

LAYER 1

- **Draw belly in**
- *Hands to shins*
- *Flat Back Extend*
- *Lengthen, then fold*
- *Inhale to find length*
- *Exhale to fold*

LAYER 3

- *Feel the space*

ESSENCE TIPS

This Sun Salutations track gives the opportunity to open through the chest and heart space while warming and strengthening the back body through Chest Stretch, Back Bends and Up Dogs, helping to improve posture and counter the effects of daily sitting. When coaching these amazing spinal extensions, give plenty of reminders to squeeze the glutes to protect the spine and make sure your participants move from a place of strength.

In the Lunges, participants can choose between a Kneeling Lunge or Full Lunge, allowing them to explore the level of lower-body strength and challenge that feels right for them. Both options create an opportunity to lengthen the hip flexors, strengthen the legs and build stability through the pelvis.

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 choice 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
0:00	Intro /	2x8		Facing front, feet together	16	
0:11	(Guitar) _	4x8	A	Inhale – Arms O/H	8	
				Exhale – INTENSE POSE	24	
0:30	V1 / Very superstitious	8x8	B	Inhale/Exhale – WARRIOR 2 L, arms down	16	
				Inhale/Exhale – Lift arms wide	16	
				Inhale/Exhale – EXTENDED WARRIOR 2 L, L forearm to L thigh or fingers to floor	32	
1:09	C / Believe in things	4x8	B ¹	Inhale/Exhale – WRAP L arm behind	32	
				⬆ OPTION: Full bind, clasp elbows B		
1:27	V2 / Very superstitious	12x8	B–B ¹	REPEAT WARRIOR 2 R, EXTENDED WARRIOR 2 R and WRAP	96	
2:24	Instr /	4x8	C	Inhale/Exhale – WIDE SQUAT , link fingers and press O/H	32	
				⬇ OPTION: Arms to a high 'V'		
2:43	V3 / Very superstitious	8x8	C ¹	Inhale/Exhale – SIDE BEND L	32	
				⬆ OPTION: Link fingers and press to L		
				Repeat to R	32	
3:21	C / Believe in things	8x8	C ²	REPEAT WIDE SQUAT , link fingers and press O/H	16	
				Inhale – Open arms wide	8	
				Exhale – Clasp elbows B	40	



03A. SUPERSTITION 4:08mins

TECHNIQUE AND COACHING

INTENSE POSE

LAYER 1

- Inhale, arms lift
- Exhale, Intense Pose
- **Hips sit back and down**
- **Tuck tail bone under**, lengthening the spine
- **Core braced**
- Inhale, exhale, come a bit deeper

LAYER 3

- Let's build strength in standing positions

WARRIOR 2 TO EXTENDED WARRIOR 2

LAYER 1

- **Hips square to front**
- Warrior 2
- Right foot steps wide
- **Knee over ankle**
- **Push knee out over toes**
- Outer edge of back foot presses into mat
- Arms rise to shoulder height
- Inhale, reach and extend
- Extended Warrior 2
- Exhale, revolve
- Elbow to knee, or reach down
- Breathing in and out of the nose
- Option to wrap top arm to lower back, inner thigh, or wrap both arms
- Turn chest to front

LAYER 3

- Let's build heat
- Challenging core strength
- Creating a strong line from back heel to top hand
- Breathe and feel the length
- Where do you want to take it?

WIDE SQUAT TO SIDE BEND

LAYER 1

- Hand to thigh, push up and set up a Wide Squat
- **Knees push out wide**
- **Core braced**
- Reverse palms, link fingers and push to the ceiling
- At any point, release arms to a high 'V'
- Add a Side Bend
- **C-shape the spine**
- One arm, or if you want a bit more intensity, hold left wrist
- Arms open wide, breathe in
- Exhale, find the bind

LAYER 3

- It's amazing what starts to happen when you do more Yoga
- Breathe with rhythm

ESSENCE TIPS

Warrior 2 and Wide Squats build strength and endurance through the legs, while the wrap of the arms encourages participants to explore range of motion through the chest, shoulders and upper back. Give clear options in the bind to help everyone find what feels right in their shoulders and upper back.

Encourage your participants to actively press their knees out in Warrior 2 and Wide Squats, creating safe alignment and helping to engage the muscles that support the hips and knees. As the challenge increases, remind them to come back to the flowing Yoga breath, in and out through the nose. With this breath we can challenge ourselves to go further in our poses.



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 /	4x8	Set up SUN WARRIOR L		32	
0:19	V1 / In the night	4x8	A	Inhale/Exhale – SUN WARRIOR L	32	
0:38	PC / Tearing me up	4x8	B	Inhale/Exhale – WARRIOR 1 L , facing L, hands down	24	
				Inhale/Exhale – Arms O/H	8	
0:57	C / (Instr)	8x8	C	Inhale – EXTENDED WARRIOR 1 L	8	4x
				Exhale – WARRIOR 1 FLOW L , lift arms and chest	8	
				OPTION: Back Bend		
1:36	V2 / And I wonder	4x8	Set up SUN WARRIOR		32	
1:55	V2 cont. / Tearing me uuup	4x8	A	REPEAT SUN WARRIOR R	32	
2:14	PC / Tearing me up	4x8	B	REPEAT WARRIOR 1 R	32	
2:33	C / (Instr)	8x8	C	REPEAT EXTENDED WARRIOR 1, WARRIOR 1 FLOW R	16	4x
3:12	Outro /	5x8	D	Inhale/Exhale – WIDE-LEGGED FORWARD FOLD , facing front	40	



03B. YOU & I 3:36mins

TECHNIQUE AND COACHING

SUN WARRIOR

LAYER 1

- *Step wide to set up Sun Warrior*
- *Right toes to side*
- **Knee over ankle**
- **Knee presses out over toes**
- **Core braced, hips square to front**
- *Inhale, right arm lifts*
- *Exhale, **C-shape spine***

LAYER 3

- *Sink deep into your legs*
- *Feel the space between ribs and hips; breathe into it*
- *Reach into the warmth of the sun*
- *Feel the warmth and light reach every cell in your body*

WARRIOR 1 TO WARRIOR 1 FLOW

LAYER 1

- *Warrior 1*
- *Feet hip-width apart*
- **Square hips and shoulders to front**
- **Anchor back foot on floor**
- **Right knee over ankle**
- **Lower belly in**
- **Squeeze glutes**
- *Inhale, arms rise*
- *Let's flow*
- *Extend forward, then rise*
- *Exhale, forward, **core braced***
- *Inhale, rise, to a Back Bend if that's for you today, **squeeze glutes***

LAYER 3

- *Lower with control*
- *Your legs stay strong and steady*
- *Expand your heart space*

WIDE-LEGGED FORWARD FOLD

LAYER 1

- *Wide-Legged Forward Fold*
- **Soft knees**
- **Lift belly**
- *Slowly roll down*
- *Let your head hang*
- *Relax your shoulders*

ESSENCE TIPS

In this Standing Strength track, breath leads the movement as we find Sun Warrior and a Warrior 1 Flow. Encourage your participants to use the breath to initiate each transition, creating a seamless flow and connection between breath and body.

Sun Warrior creates space through the side body, inviting your participants to breathe into the ribs and expand through the waist. In Warrior 1 and Extended Warrior 1, we can explore similar space through the front body as we rise to Warrior 1 with a Back Bend. There is time in this track to set up the foundation of each pose well. Use clear Layer 1 BPD (body part and direction) cues to help your class find a strong steady base to move from. It is through the strong legs and a stable foundation that we can explore expansion in the upper body while still feeling grounded.



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 / _ One of the	6x8	A Inhale/Exhale – ANGEL POSE , arms to a high ‘V’, facing front	48	
0:43	V1 / _ When I’m down	8x8	B Inhale/Exhale – EAGLE POSE L	16	
			Inhale/Exhale – FOLD F	16	
			Inhale/Exhale – LIFT chest	32	
			⬆ OPTION: Back Bend		
1:40	V2 / Use you	8x8	B REPEAT EAGLE POSE , FOLD and LIFT R	64	
2:36	Br / Hmmm	4¼x8	A REPEAT ANGEL POSE	34	
3:07	Yeah	4½x8	C Inhale/Exhale – WARRIOR 3 L, facing front On last 4cts, step feet together	36	
3:38	Outro / _ You are not	4x8	C REPEAT WARRIOR 3 R	32	

SMARTSTART

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



04. AMEN (IT IS WELL) 4:10mins

TECHNIQUE AND COACHING

ANGEL POSE

LAYER 1

- *Step feet together or hip-width apart*
- *Angel Pose*
- *Inhale, arms rise, lift heels off floor*
- *Exhale, soften shoulders*
- **Squeeze back body**
- *Steady eye gaze*

LAYER 3

- *Calm your breath*
- *This is about your presence – feel it in your whole body, with your whole heart. You are here*

EAGLE POSE

LAYER 1

- *Eagle Pose*
- *Bend knees*
- *Cross right leg over*
- *Toes to floor or lift*
- **Hips level**
- *Right arm under*
- *Wrap or palms together*
- *Exhale, fold forward*
- **Draw belly in**
- *Inhale, slowly rise*
- *If it feels good, reach into Back Bend*
- **Core and back engage**

LAYER 3

- *With every breath grow taller*
- *Lead with your heart, with trust in yourself*
- *This is courage*

WARRIOR 3

LAYER 1

- *Warrior 3*
- *Left leg lifts behind*
- **Bend standing knee**
- **Core braced**
- **Squeeze glutes**
- **Square hips and shoulders to front**
- *Inhale to extend*

LAYER 3

- *Shine your light forward*
- *Spread your wings*

ESSENCE TIPS

In this Balance track, we can invite participants to find focus, stability and connection. Give options early, using clear Layer 1 Coaching, so they can choose the variation that feels right for their body quickly, giving more time to be present in the pose and the beautiful connection with the breath.

This is a great track for team-teaching with the music, and using your coaching and vocal tone to complement the highs and lows of the track. Know your music well so you can work around the quiet moments and contrasting builds.



05. CORE – ABDOMINALS

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	A	Lie SUPINE , knees over hips, crunch up PREGNANCY OPTION: On elbows	32	
0:16	Intro cont. / (Beat)	8x8	A	ALT LEG EXTENSION L&R Inhale – Extend L (front) leg to 45°, R knee bent, hands press to R thigh Exhale – Switch legs ↓ OPTION: Alt Toe Taps, hand down PREGNANCY OPTION: Alt Toe Taps, knees wide	4 4	8x
0:50	C / Oh ahhhh	6x8	A ¹	ALT SCISSOR LEGS L&R Inhale – Extend L (front) leg to 45°, R leg extends up, hands press to R thigh Exhale – Switch legs ↓ OPTIONS: Alt Leg Extension or Toe Taps	4 4	6x
1:15	V2 / _ Something’s happening	4x8	B	Inhale/Exhale – SIDE HOVER L, bottom knee down, lift top leg and arm	32	
1:32	C / Oh ahhhh	8x8	B ¹	Inhale/Exhale – SIDE HOVER L WITH LEG CIRCLE , R leg lowers, circles B, and back to top	8	8x
2:06	V3 / _ Can you hear	2x8		Lie SUPINE , knees over hips, crunch up	16	
2:14	V3 cont. / _ Speak a little	8x8	A ¹	REPEAT ALT SCISSOR LEGS L&R OPTIONS: Alt Leg Extension or Toe Taps	8	8x
2:48	V4 / _ Something’s happening	12x8	B&B ¹	REPEAT SIDE HOVER R, facing B and LEG CIRCLES	96	
3:39	V5 / _ Can you hear	2x8		Lie SUPINE , legs to 90°	16	
3:47	V5 cont. / _ Come along baby	20x8	C	LEG CIRCLE & PIKE CRUNCH COMBO Inhale/Exhale – Circle legs wide to 45°, then lift to 90° Inhale/Exhale – PIKE CRUNCH ↓ OPTION: Bend knees PREGNANCY OPTION: On elbows with knees bent. Circle legs down and then bring knees in	8 8	10x



05. EVERYWHERE 5:15mins

TECHNIQUE AND COACHING

ALTERNATING LEG EXTENSION

LAYER 1

- **Chin tucked in**
- Knees over hips
- **Lower back toward floor**
- **Draw belly in**
- Crunch up
- Palms to thighs
- Single-Leg Extensions
- Front leg extends, then move back in
- Back leg
- Toe-tap, or extend long
- At any time, lower head
- Breathe in through the nose and out of the mouth
- If you're looking for a little more challenge, extend the legs

LAYER 3

- The work is in keeping your torso and your pelvis still as we extend and move our lower body
- If you are extending your legs, commit to a long, active leg. From the toes all the way to the hip

SIDE HOVER WITH LEG CIRCLE

LAYER 1

- Side Hover
- **Elbow under shoulder**
- **Hips stacked**
- Lower knee to the mat
- Lift top arm and leg
- **Core braced**
- **Squeeze glutes**
- Stay here, or Leg Circles
- Down, back, around and up
- Lift through the undercarriage of your body
- **Keep torso and hips level and square to floor**

LAYER 3

- Same principle here
- We love our Pilates-inspired Core Abdominals track, it keeps our center nice and strong, a strong center to flow from
- We love this unilateral training as our bodies are asymmetrical and we're creating symmetry

LEG CIRCLE & PIKE CRUNCH COMBINATION

LAYER 1

- Legs to the ceiling
- Legs circle around to 45 degrees
- Pike Crunch, reaching upwards
- Head to the floor
- Down, around, in and up
- **Lower back toward floor as legs come to 45 degrees**
- **Ribs to hips as you crunch**
- Option to bend the knees
- If you feel your lower back is lifting off the floor, reduce the range in your legs

LAYER 3

- It's a little bit of work, a little bit of play

ESSENCE TIPS

In this Core track, the focus is on creating a strong, stable torso while the lower body moves. Encourage the use of Pilates breath throughout the track – inhaling through the nose and exhaling through the mouth. This breathing pattern helps activate the deep core muscles, supports control during movement, and encourages your participants to stay connected to their center as the challenge increases.

Use clear coaching to reinforce quality and safe technique over range, helping your participants maintain stability through the torso while moving with precision and control. Use your Layer 2 cues (Pause and See) to look out and find what cues your class needs to move safely and feel successful. A reminder of options and why you may choose them is a great way to show care and respect to your participants.



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 /	8x8	A	Inhale/Exhale – PLANK POSE , on knees or toes, facing L	64
0:32	PC / You wanna dance	4x8	A ¹	Inhale/Exhale – PLANK POSE WITH LEG LIFT , lift R leg On last 4cts, sit back to Childs Pose	32
0:49	C / You wanna dance	8x8	B	Inhale – STRIKING COBRA POSE Exhale – CHILDS POSE	Own time Own time
1:21	V1 / I can fly	8x8	A–A ¹	REPEAT PLANK POSE (32cts), PLANK POSE WITH LEG LIFT L	64
1:54	C / You wanna dance	8x8	B	REPEAT CHILDS POSE , STRIKING COBRA POSE	Own time Own time
2:27	Br / So _ follow	14x8	C	Inhale/Exhale – CAMEL POSE , hands to lower back ↑ OPTION: Hands to feet	112
3:24	C / You wanna dance	14x8	D	Inhale/Exhale – FLUTTER KICKS , head rests on hands PREGNANCY OPTION: Alt Pointer Inhale/Exhale – Circle arms wide and B ↓ OPTION: Hands under head	64 48



06. INNER LIGHT 4:26mins

TECHNIQUE AND COACHING

PLANK POSE

LAYER 1

- Set up a Plank Pose
- **Hands shoulder-width apart**
- On knees or toes
- **Long straight back**
- **Lower belly in**
- **Squeeze glutes**
- Breathe in through the nose, out through the mouth
- **Shoulders stacked over wrists**
- If you're dancing with us today, lift the front leg off the floor
- You can lower the back knee
- Hips stay level

LAYER 3

- Breathe in through the nose, feel the inner unit, the lower belly draws in. The bracing is the outer unit, like a corset
- Long line of energy from the crown of head to bottom heel

CHILDS POSE TO STRIKING COBRA POSE

LAYER 1

- Childs Pose
- Knees wide, big toes together
- Striking Cobra Pose
- Chest strikes through to Cobra Pose
- Shoulders back
- **Squeeze glutes**
- In your own tempo
- If coming to Up Dog, lift thighs off the floor

LAYER 3

- Like you're pulling your heart through your arms
- Find the rhythm of your breath and create your fluid power
- Smooth and fluid
- Feel the breath in your body

CAMEL POSE

LAYER 1

- **Chin tucked in**
- Camel Pose
- **Knees stacked under hips**
- Toes tucked under
- **Squeeze glutes**
- Thumbs to lower back
- Elbows in
- Press hips down and forward
- Heart space is lifting, up and out of the sternum
- If available, without moving your hips, see whether you can reach back to your heels

LAYER 3

- An opportunity to connect back into your inner light, your heart space

FLUTTER KICKS

LAYER 1

- Flutter Kicks
- Come on down to floor
- Hands create a pillow for the head
- Little Kicks
- **Strong glutes to protect lower back**
- In your own time
- Arms wide and back

LAYER 3

- Breathe into the back ribs
- Try and get your kneecaps off the floor
- Feel the strength in your back



06. INNER LIGHT 4:26mins

TECHNIQUE AND COACHING

ESSENCE TIPS

In this Core Back track, we are building strength and endurance through the muscles that support posture and spinal stability. Planks challenge the core, shoulders and back body to work together, creating a strong and stable foundation.

Striking Cobra Pose and Camel Pose shift the focus to opening through the chest while strengthening the upper back, glutes and posterior chain. In Camel Pose, encourage your participants to press their hips forward and lift through the chest before reaching back, creating length through the spine rather than simply dropping into the lower back. This combination of strength and openness helps improve posture, strengthens the back body and creates space for deeper, more expansive breathing.

Use language that invites your participants to explore what is possible in their bodies today, as we know each day is different. The opportunity to move in their own time gives them autonomy to try different speeds, creating different energy, to see what feels good to them.



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	Intro /	2x8	A	Inhale/Exhale – CHILDS POSE , facing L		16	
0:16	V1 / _ Today is gonna	8x8	B	Inhale/Exhale – SWAN POSE L, facing L ↓ OPTION: 90/90 Pose ↑ OPTION: Extended Swan Pose L		64	
1:02	PC / And all the roads	8½x8	B¹	Inhale/Exhale – QUAD STRETCH R, R hand to R foot ↓ OPTIONS: Swan or Extended Swan Pose, no Quad Stretch ↑ OPTION: Mermaid Pose		68	
1:51	V2 / _ Today was gonna	16x8	B–B¹	REPEAT SWAN POSE R and QUAD STRETCH L		128	
3:24	Outro / (Instr)	5x8	C	Inhale/Exhale – EXTENDED SEATED STAR POSE , facing L, feet F		40	



07. WONDERWALL 3:57mins

TECHNIQUE AND COACHING

SWAN POSE AND QUAD STRETCH

LAYER 1

- *Swan Pose*
- *Back knee comes through*
- *Either stopping at 90/90 Pose, knee in line with hip, or extending front leg*
- **Square hips to front**
- **Heel into groin**
- *You may like to stay upright, or maybe come forward*
- *Back to Yoga breath, in and out through the nose*
- *Stay where you are, or reach back and take hold of the foot for a Quad Stretch*
- *You can try Mermaid Pose, foot into the elbow and breathe top arm up*
- *Roll hip down, turn chest and shoulders*
- *Maybe you want to shift forward*

LAYER 3

- *It can feel nice exploring the alignment of shoulders over hips*
- *Feel the relaxation*
- *Really focus on directing breath deep down into the hips*
- *Slow down the out-breath*
- *Feeling it in the glutes, lower back and hips*

EXTENDED SEATED STAR POSE

LAYER 1

- *Extended Seated Star Pose*
- *Soles of feet together, but today extend them forward*
- *Breathe in, long spine*
- *Exhale, **draw belly in** as we fold forward*
- *Chin tucked in*
- *Hands to feet or the floor*

LAYER 3

- *Simply surrender*

ESSENCE TIPS

A calm, connected track to focus on creating space through the hips with Swan Pose and its variations, including the option to add a Quad Stretch for a deeper opening through the front of the thigh and hip. Swan Pose helps release tension through the glutes, outer hips and hip flexors, while improved hip mobility and flexibility can support better movement, posture and comfort in everyday activities.

Encourage your participants to use their breath as a tool to soften into each pose. Slow, steady inhales and exhales help calm the nervous system, release unnecessary tension and create the opportunity to gradually surrender into the stretch. Remind your participants that flexibility develops over time, and that the goal is not to force the shape, but to be present, maintain flowing breath and accept where their bodies are at in the moment.



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
0:03	V1 / _ You were late	4x8	A	Inhale – EXTENDED MOUNTAIN POSE , facing L Exhale – INTENSE POSE	16 16
0:29	V1 cont. / _ Watched the sun	4x8	B	Inhale/Exhale – INTENSE POSE TWIST R, hands to Prayer position, back elbow over front thigh	32
0:55	C / _ I don't know	4x8	B	REPEAT INTENSE POSE TWIST L, facing B	32
1:21	V2 / _ Took my coat	4x8	C	Inhale/Exhale – PRAYER KNEELING LUNGE TWIST R, step back foot B and land knee, hands to Prayer position, turn to front ↓ OPTION: L hand to floor, R arm up PREGNANCY OPTION: Lift chest, back hand over front thigh, back arm reaches wide	32
1:47	C / _ I don't know	4x8	C ¹	Inhale/Exhale – ARMS OPEN , L hand over R thigh, R arm up ↓ OPTIONS: Hands to Prayer position or L hand to floor ↑ OPTION: Lift L knee	32
2:13	Instr /	2x8	D	Inhale/Exhale – FORWARD FOLD	16
2:26	Br / _ Let's meet back here	4x8	C	REPEAT PRAYER KNEELING LUNGE TWIST L, facing B	32
2:52	C / _ I don't know	4x8	C ¹	REPEAT ARMS OPEN	32
3:19	Outro / _ The only	2x8	D	REPEAT FORWARD FOLD	16



08. THE HUDSON 3:35mins

TECHNIQUE AND COACHING

INTENSE POSE TWIST

LAYER 1

- **Hips sit down and back**
- **Tuck tail bone under**
- Arms rise to Extended Mountain Pose
- Sit back to Intense Pose
- Intense Twist with Prayer Hands
- Palms press together
- **Turn from center of chest**
- Back elbow over front thigh
- Knees are in line
- Staying low in legs, other side

LAYER 3

- With breath, actively press palms together, finding more leverage and mobility
- The inhale lengthens the spine and lifts the chest; the exhale sinks weight into the heels

PRAYER KNEELING LUNGE TWIST

LAYER 1

- Hands to floor
- Back foot steps long, anchor the knee to floor
- Kneeling Lunge and add a Prayer Twist
- **Knee over ankle**
- **Rotate to the front from the center of chest**
- Palms press together
- Elbow over knee
- Shoulders back and down
- You can stay here, or option to open and extend
- If you want more intensity, **brace core, squeeze glutes** and rise

LAYER 3

- Feel the strong straight arm creating more rotation in your Twist
- In Prayer position, feel the heels of the palms press together with strength
- Stay focused and connected to breath

FORWARD FOLD

LAYER 1

- Step in to Forward Fold
- **Knees bend, belly lifts**
- Upper body hangs and releases
- Chin tucked in to chest

ESSENCE TIPS

This is an active and challenging Twists track, using the strength of the lower body to create a stable anchor for spinal rotation. Pressing the palms together in Prayer adds an upper-body challenge, activating the chest, shoulders and arms while providing leverage to encourage greater rotation through the thoracic spine. Use the breath to guide the movement – inhaling to create space and length and exhaling to soften tension and explore the Twist.

The Forward Folds provide a valuable counter-pose, allowing the spine and surrounding muscles to reset between Twists while encouraging release through the back body and hamstrings.

Celebrate the effort in this track, looking out and observing your participants as they try different options, utilize the breath and surrender into the poses.



09A. FORWARD BENDS

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 /	3x8	A	Inhale/Exhale – FORWARD FOLD	24	
0:20	(Guitar)	4x8	B	Inhale/Exhale – FLAT BACK EXTEND	32	
0:46	V1 / Excuse me for	6x8	C	Inhale/Exhale – PYRAMID POSE L, step front foot B	48	
1:26	PC / If a child	2x8	D	Inhale/Exhale – Set up TRIANGLE POSE , bend L knee, L hand to L thigh, lift chest, turn to front, reach R arm up	16	
1:39	C / Yeah, man seems so strong	4x8	D ¹	Inhale/Exhale – TRIANGLE POSE L	32	
2:06	V2 / Excuse me for	6x8	C	REPEAT PYRAMID POSE R, facing R	48	
2:46	PC / If a child	2x8	D	REPEAT Set up TRIANGLE POSE , bend R knee, R hand to R thigh, lift chest, turn to front, reach L arm up	16	
2:59	C / Yeah, man seems so strong	4x8	D ¹	REPEAT TRIANGLE POSE R	32	
3:25	Br / Excuse me for	6x8	A	Inhale/Exhale – FORWARD FOLD OPTIONS: Ragdoll Pose, or wrap arms behind legs	48	
4:05	C cont. / Yeah, man seems so	6x8	E	Inhale/Exhale – LOW SQUAT , hands to Prayer position OPTION: High Squat, hands to thighs	48	



09A. STRONG 4:49mins

TECHNIQUE AND COACHING

FORWARD FOLD

LAYER 1

- Forward Fold
- **Knees bent, belly lifts**
- Chin tucked in
- Maybe Ragdoll Arms, or exploring a wrap behind the legs

LAYER 3

- Feeling the spine lengthen
- Allow gravity to assist

FLAT BACK EXTEND

LAYER 1

- **Core braced**
- Hands to shins
- Inhale to Flat Back Extend
- Exhale, draw shoulders down your back
- **Lengthen spine**
- **Chin tucked in slightly** to lengthen neck

LAYER 3

- Actively press palms into shins; feel that engage the mid-back

PYRAMID POSE TO TRIANGLE POSE

LAYER 1

- Pyramid Pose
- Step front foot back
- Feet hip-distance apart
- Hands to floor
- **Lift belly**
- Allow upper body to fold forward
- Right knee can be bent as much as you need
- Slowly bend right knee, hand to thigh
- Left arm lifts high
- Setting up Triangle Pose
- Hinge forward from hips
- **Core braced**
- **Long spine**
- Press both feet firmly into floor
- **Rotate chest and hips to front**

LAYER 3

- Focus on lengthening the body
- Feel the hamstrings; breathe into the sensation
- Feel the ribcage widen with each breath

LOW SQUAT

LAYER 1

- Step feet wider for High or Low Squat
- Hands can be on knees
- Or sink deeper, hands to Prayer position
- Breathe in, **chest lifted**, lengthening front of body

ESSENCE TIPS

The poses in this track work together to stretch the hamstrings, calves, glutes and lower back. Improving flexibility through these areas can help increase ease of movement in the hips and pelvis, support a healthier range of motion in the spine, and reduce the tension that often builds up from sitting, training or repetitive daily activities. Steady inhales help create length through the spine, while slow exhales encourage the muscles to relax and release tension, allowing the body to gradually soften and lengthen.

Encourage your participants to move into each stretch with patience, using the breath to guide the experience rather than forcing range of motion. The transition into Triangle Pose is beautiful and slow, showing real care and consideration for our bodies as we move into the pose. Consider how you will coach this transition to get people into the shape safely. We have time to be clear, intentional and thoughtful in our coaching here.



09B. 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	Instr /	Counts	A	Inhale/Exhale – HAPPY BABY POSE , facing R, rock side to side or extend legs, moving in own time		
		irregular; follow bell chimes				
1:04	(Bell chime)		B	Inhale/Exhale – SUPINE TWIST L, knees to front PREGNANCY OPTION: Roll onto L side ⬆️ OPTION: Extend top leg		
2:34	(Bell chime)		B	REPEAT SUPINE TWIST R, knees to B		
4:07	(Bell chime)		C	Inhale/Exhale – EXTENDED BUTTERFLY POSE PREGNANCY OPTION: Leaning B on elbows		



09B. ENOUGH 5:22mins

TECHNIQUE AND COACHING

HAPPY BABY POSE

LAYER 1

- *Happy Baby Pose*
- *Hold outer or inner edge of feet*
- *Soften shoulders*
- **Tail bone toward the floor**
- *You can stay still or rock side to side*
- *If it feels good, extend one leg at a time, or both, creating length in your hamstrings*

SUPINE TWIST

LAYER 1

- *Knees in*
- *Arms wide*
- *Knees drop to the front*
- *You might like to extend the top leg*
- *Lift your head and turn to the back*

LAYER 3

- *Release through lower back*
- *Feel shoulders and upper back grounded*
- *Breathing into your side body, allowing it to find rest and calmness*
- *Feel the Twist wringing out tension*

EXTENDED BUTTERFLY POSE

LAYER 1

- *Extended Butterfly Pose*
- *Feet together*
- *Knees fall to the side*
- *Arms wide, or reach over head and hold onto forearms or elbows*

LAYER 3

- *Allow hips to soften*
- *Find a space that feels comfortable and easy*

ESSENCE TIPS

We move into one more Hamstrings track that provides the opportunity for anchoring as we descend into Relaxation/Meditation. The musical counts are irregular in this track, so follow the bell chimes to transition from one pose to the next.

Less is more as your participants begin the transition inward for meditation. Give them space to immerse themselves in their poses and music. This is a wonderful chance to role-model exploring options and choosing what is best for you, then surrendering into the moment. Give your participants permission to be present by doing the same.



10. RELAXATION / MEDITATION

OASIS OF PEACE 5:57mins

TRACK FOCUS

Create a breathing practice.

EQUIPMENT

Mat to 45° or side-on

You are welcome to join us for relaxation and meditation.

You can stay in Butterfly Pose as long as it feels good. You can come out of it as soon as you're ready. Find a position that feels comfortable for you today. Maybe lie down onto your back, rest on your side, or sit with me.

When you're ready, gently close your eyes and connect with your body. Feel the floor beneath you, holding and supporting you. Feel your shoulders melt into the mat, then take a deep breath in. Inhale through your nose, and slowly exhale. Again. Inhale, exhale. Maybe you notice your belly lifting and your ribs widening when you inhale. With your exhale, allow your body to soften even more. Create that space with your in-breath and breathe out tension and expectations you no longer need to carry.

See if you can look with a gentle gaze toward yourself. The softness that you so easily offer others, offer some of it to yourself. Your light is not only here to shine for others, it's also here to shine for yourself. Take a deep breath in, and let that light flood your body, making you feel warm and safe. Let that light be a reminder of who you are. You are enough, just as you are. Worthy of love, trust, care and rest.

Slowly, bring back movement into your body, starting with your fingers and toes, hands and feet. Just move in a way that feels good. Maybe you want to stretch out, or hug yourself, embracing with kindness. Slowly come onto your side, and take your time coming back into a seated position. Take one more big breath in. Inhale, filling your body with warmth and love.

That was BODYBALANCE 113.

Thank you so much for joining us.



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 /	4x8	Set up WIDE WU CHU	32	
0:25	V1 / _ When I wake up	8x8	A ARM SWEEPS F Inhale – Hands lift to shoulder height, elbows wide Exhale – Backs of hands circle F, elbows in On last 2cts, step feet under hips	4 4	8x
1:05	C / Lovely day	4x8	B BREATH SWINGS Inhale – Reach arms O/H, press palms up Exhale – Swing F On last 2cts, step feet under hips	4 4	4x
1:25	V2 / _ When the day	8x8	A ¹ ARM SWEEPS L, WEIGHT SHIFT L&R Inhale – WEIGHT SHIFT L , hands lift to shoulder height Exhale – WEIGHT SHIFT R , backs of hands circle to R On last 2cts, step feet under hips	4 4	8x
2:06	C / Lovely day	4x8	B REPEAT BREATH SWINGS ⬆️ OPTION: Lift heels	8	4x
2:26	V3 / _ When the day lies	8x8	A ¹ REPEAT ARM SWEEPS R, WEIGHT SHIFT L&R	8	8x
3:06	C / Lovely day	8x8	B REPEAT BREATH SWINGS On last 2cts, step feet under hips	8	8x
3:47	C cont. / Lovely day	5x8	C ARM WRAP, WEIGHT SHIFT L&R Inhale – WEIGHT SHIFT L , wrap arms to L, then around body Exhale – Repeat to R	2 2	10x
4:12	Outro /	1x8	Inhale – Arms to chest height, elbows wide, palms up Exhale – Push palms down	4 4	



BONUS

01. LOVELY DAY 4:28mins

TECHNIQUE AND COACHING

WIDE WU CHI TO ARM SWEEPS

LAYER 1

- *Step feet wide for Wide Wu Chi*
- **Knees press out over toes**
- **Tuck tail bone under**
- *Arms up, press forward*
- *Inhale, up. Exhale, forward*

BREATH SWINGS

LAYER 1

- *Step feet under hips*
- *Arms up*
- *Sweep down*
- *Palms press up*
- **Bend your knees**
- **Draw up through belly**
- *Inhale, lift*
- *Exhale, swing*
- *Maybe coming up onto the balls of the feet*

LAYER 3

- *As we start to awaken and warm, really start to lengthen*

ARM SWEEPS TO WEIGHT SHIFT

LAYER 1

- **Knees push out**
- *Feet step wide*
- *To the right, up and press together*
- *Weight Shift side to side*
- **Slight turn from chest**

LAYER 3

- *Grounded through lower body, soft and relaxed in upper body*
- *Synchronizing how we move, breathe and feel*
- *Energy shifting through the body*

ARM WRAP, WEIGHT SHIFT

LAYER 1

- **Knees push out**
- *Feet step wide*
- *Wrap right and left*
- *Weight Shifts*

LAYER 3

- *Drawing energy up into our bodies from the earth*

ESSENCE TIPS

This Tai Chi Warm-up track uses simple movement sequences to bring energy, mobilization and the connection of breath to the body. Use simple Layer 1 cues to help people become familiar with the moves, then allow space for the joyful music to come through, and for your participants to come into their bodies.

The repeated moves bring an opportunity to speak on the 4 Tai Chi movement types: breathing, releasing, warming and focusing. Consider how you can encourage your participants to notice these different aspects of their Warm-up.



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 toward 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.

