



BODYBALANCE 110



Presenters:

Back row (L–R): Natasha Vincent (New Zealand), Summer Bradley (New Zealand), Eileen Post (Germany),
Dannielle Lally (New Zealand)

Front row (L–R): Fraser Beck (New Zealand), Khiran Huston (New Zealand)

Hello to our wonderful BODYBALANCE family!

Another release, more learnings and some bizarre New Zealand weather while we filmed the Masterclass.

To us, the music feels like a river – soothing and calm but with some fun dips and waves for you to play with. What do you think of these types of sounds? Our Les Mills Artists have made such gorgeous music – we love it and would also love to know what you think, so please let us know!

Choreographically, this class came together very smoothly. It is always a journey when choreographing as a team because we must edit to ensure all the pieces come together to create balance and a joyful experience for you. But we hope you agree that these recent classes have aligned with our goals – simple, feel-based and enjoyably nourishing.

From our hearts to yours xo
The BODYBALANCE team xo

Jackie ¹ *Dana*

BODYBALANCE 110

MUSIC

EXPRESS FORMATS

01. YOGA WARM-UP

02. SUN SALUTATIONS

03. STANDING STRENGTH

04. BALANCE

05. CORE — ABDOMINALS

06. CORE — BACK

07. HIP OPENERS

08. TWISTS

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

Work Song (3:33)
Hozier
Courtesy of the Universal Music Group.
Written by: Byrne

02

Work Song (1:25)
Hozier
Courtesy of the Universal Music Group.
Written by: Byrne

Good Life (1:52)
goodlife feat. Elderbrook
Courtesy of the Universal Music Group.
Written by: Vizger, Kotz, Kasza

Good Life (1:53)
goodlife feat. Elderbrook
Courtesy of the Universal Music Group.
Written by: Vizger, Kotz, Kasza

03

You and I (4:30)
PVRIS
© 2016 Rise Records.
Written by: Gunnulfsen, Harnage, Kusterbeck

04

Slip Away (5:29)
Victoria Perry
Courtesy of Les Mills Music Licensing Ltd.
Written by: Hollings, Tekela-Pule

05

Walk With You (3:59)
Autograf & Janelle Kroll
© 2020 Armada Music.
Written by: Knolle, Carpenter, Kroll, Nguyen, Craft, Wing

06

You’ve Got The Love (2:43)
Florence + The Machine
Courtesy of the Universal Music Group.
Written by: Stephens, Harris, Bellamy

You’ve Got The Love (2:47)
Florence + The Machine
Courtesy of the Universal Music Group.
Written by: Stephens, Harris, Bellamy

07

Give Me One Reason (6:54)
Quintado
© 2025 Les Mills Music Licensing Ltd.
Written by: Chapman

08

The Hardest Part (2:53)
Olivia Dean feat. Leon Bridges
Courtesy of the Universal Music Group.
Written by: Poythress, Mcentire, Dean

The Hardest Part (2:55)
Olivia Dean feat. Leon Bridges
Courtesy of the Universal Music Group.
Written by: Poythress, Mcentire, Dean

09

Freefalling (6:45)
Copra Recordings feat. Victoria Perry & ANI
Courtesy of Les Mills Music Licensing Ltd.
Written by: Lusitini, Lynch, Perry

10

Poems (5:03)
Gabrielle Peake
© 2025 Bigpop Records.
Written by: Peake

BONUS
01 **Did I Luv U** (2:41)
Friends & I
© 2023 Get The Sound.
Written by: Bech, Igens



EXPRESS FORMATS

30-MINUTE STRENGTH

Track 01	Yoga Warm-up
Track 02	Sun Salutations
Track 03	Standing Strength
Track 04	Balance
Track 05	Core – Abdominals
Track 06	Core – Back
Total Time	28:11
Track 10	Relaxation/Meditation

30-MINUTE FLEXIBILITY

Track 01	Yoga Warm-up
Track 02	Sun Salutations
Track 03	Standing Strength
Track 04	Balance
Track 07	Hip Openers
Total Time	25:36
Track 10	Relaxation/Meditation

45-MINUTE STRENGTH

Track 01	Yoga Warm-up
Track 02	Sun Salutations
Track 03	Standing Strength
Track 04	Balance
Track 05	Core – Abdominals
Track 06	Core – Back
Track 08	Twists
Total Time	33:59
Option to add	Tai Chi Warm-up, Hip Openers or Forward Bends/Hamstrings
Total Time with Tai Chi Warm-up	36:40
Total Time with Hip Openers	40:53
Total Time with Forward Bends/Hamstrings	40:44
Track 10	Relaxation/Meditation

45-MINUTE FLEXIBILITY

Track 01	Yoga Warm-up
Track 02	Sun Salutations
Track 03	Standing Strength
Track 04	Balance
Track 07	Hip Openers
Track 08	Twists
Track 09	Forward Bends/Hamstrings
Total Time	38:09
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		
Bold	Must-Do Cues		
V	Verse		



01. YOGA WARM-UP

TRACK FOCUS

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

EQUIPMENT

Mat to 45°

MUSIC		EXERCISE		CTS	REPS
0:05	Intro /	4x8	A Inhale/Exhale – CHILDS POSE	32	
0:37	V1 / _ Boys working	4x8	B Inhale – CAT POSE	16	
			Exhale – COW POSE	16	
1:08	C / _ When my time	2x8	B ¹ Inhale – CAT POSE	8	
			Exhale – COW POSE	8	
1:24	V2 / _ Boys, when my	4x8	C Inhale/Exhale – DOWN DOG , facing L	16	
			Inhale/Exhale – BEAR POSE , rolling through spine, hover knees off floor	16	
			OPTION: Land knees on floor		
1:56	C / _ When my time	4x8	C ¹ Inhale/Exhale – DOWN DOG , facing L	8	2x
			Inhale/Exhale – BEAR POSE , rolling through spine, hover knees off floor	8	
			OPTION: Land knees on floor		
2:27	V3 / _ My babe would	8x8	D Inhale/Exhale – KNEELING LUNGE TWIST R , step front foot F outside front hand	8	2x
			OPTION: Land back knee		
			Inhale – Lift R/Front hand	8	
			Inhale/Exhale – Repeat to L/B, transitioning through Crouch	16	
3:30	(Quiet) V4 / My babe would	2¼x8	E Inhale/Exhale – DOWN DOG , walk feet to FORWARD FOLD	18	
3:49	V4 cont. / _ When I was kissing	2x8	F Inhale/Exhale – Roll up to EXTENDED MOUNTAIN POSE	16	
4:05	C / _ When my time	4x8	G Inhale/Exhale – SIDE BEND R , hold L wrist	16	
			PREGNANCY OPTION: Soften knees		
4:36	Outro /	2x8	Repeat to L	16	
			H Inhale/Exhale – CHEST STRETCH	16	



01. WORK SONG 4:58mins

TECHNIQUE AND COACHING

CHILDS / CAT / COW POSE

LAYER 1

- Childs Pose
- Knees wide
- Toes touch
- Sit the hips back to heels
- Take a breath to ground
- Cat Pose
- Inhale, scoop the belly
- **Hands under shoulders**
- **Knees under hips**
- Exhale, Cow Pose
- Drop the belly low

LAYER 3

- Feel the flexion of the spine
- Feel the extension through the spine

DOWN DOG TO BEAR POSE

LAYER 1

- Down Dog
- Inhale, lift hips high
- Exhale, press chest to thighs
- Hands shoulder-width apart
- Inhale to Bear Pose
- Exhale, **knees under hips**
- Knees on or off the floor
- **Core braced**
- **Shoulders over wrists**
- Back long and straight
- Flow back to Down Dog
- Inhale coming back into Bear Pose

LAYER 3

- Bend your knees in the Down Dog to lengthen the spine
- Focus on a strong core brace to wake up the core

KNEELING LUNGE TWIST, FORWARD FOLD, SIDE BEND

LAYER 1

- **Knee over ankle in Lunge Twist**
- Inhale, pull back to crouch
- Exhale, front leg forward to Lunge
- Option: Drop the back knee
- Inhale, twist to the front
- Exhale, **rotate from the center of the chest**
- Forward Fold
- Feet under hips
- **Bend knees**
- **Chest to thighs**
- **Belly braced**
- Inhale and rise to Extended Mountain Pose
- Grab the back wrist for Side Bend
- Switch to the front

LAYER 3

- See how much you can open through your heart space
- Awakened and ready to continue flowing

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 class ahead. Give choices of ranges of motion so participants can take what is right for them today.

Clear coaching is key to 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 your participants to follow easily, allowing them to immerse in the flow.

EQUIPMENT

Mat to 45°

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	2x8	A	Set up MOUNTAIN POSE , facing L, feet together or hip-width apart PREGNANCY OPTION: Feet shoulder-width apart	16	
0:08	V1 / You've been watching	12x8	B	SUN SALUTATIONS SEQUENCE L Inhale – EXTENDED MOUNTAIN POSE Exhale – FORWARD FOLD Inhale – LUNGE L , front leg B PREGNANCY OPTION: Kneeling Lunge L 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 – LUNGE R , front leg F PREGNANCY OPTION: Kneeling Lunge R Exhale – FORWARD FOLD Inhale – INTENSE POSE TO EXTENDED MOUNTAIN Exhale – CHEST STRETCH	8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8	
1:00	V2 / I've got my girl	12x8	B	REPEAT SUN SALUTATIONS SEQUENCE R OPTION: Plank Pose and Crocodile Pose on toes OPTION: Baby Back Bend in Extended Mountain Pose	96	
1:52	V3 / You've been watching	12x8	B	REPEAT SUN SALUTATIONS SEQUENCE L	96	
2:44	V4 / I've got my girl	12x8	B	REPEAT SUN SALUTATIONS SEQUENCE R	96	
3:35	Outro /	2x8	C	Inhale/Exhale – HOLD CHEST STRETCH OPTION: Standing Camel Pose, hands to lower back	16	



02. GOOD LIFE 3:45mins

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**
- **Belly lifted**
- Option: Baby Back Bend
- **Squeeze butt**

LAYER 3

- Tuck chin in on the 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**

LAYER 3

- Feel the energy flow

BABY COBRA POSE TO DOWN DOG

LAYER 1

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

LAYER 3

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

INTENSE POSE TO EXTENDED MOUNTAIN, CHEST STRETCH

LAYER 1

- Inhale, Intense Pose
- Hips back and down
- Extended Mountain Pose
- **Squeeze butt**
- Long spine
- Exhale, circle and stretch chest

LAYER 3

- With strength, breathe all the way to the fingertips

ESSENCE TIPS

Super simple flow bringing focus to 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 women who may get to class late, or who aren't comfortable asking for options at the beginning of the class. If you notice anyone taking the options, you can then cater to them throughout the workout. Once your participants have an understanding of the sequence, add the link to the breathing pattern in the second round allowing them to fully immerse themselves in the stunning sequence.

In the third round, option Baby Back Bend for more extension, along with coaching where they should be feeling the poses. Less is always more in the 4th round to encourage internal freedom.



03. STANDING STRENGTH

TRACK FOCUS

Coach alignment for strength and precision in the poses.

EQUIPMENT

Mat to 45°

MUSIC		EXERCISE		CTS	REPS
0:04	Intro /	4x8	A	Set up WARRIOR 2 L	32
0:23	V1 cont. / I can't be what	6x8	A ¹	Inhale/Exhale – WARRIOR 2 SEQUENCE L , arms wide	16
				Inhale/Exhale – REACHING WARRIOR L , reach L arm to L diagonal, L palm turns up	32
0:51	C / The middle	4x8	B	Inhale/Exhale – REACH ARMS O/H , clasp hands, shoulders stacked over hips OPTION: No hand clasp, arms reach O/H	32
1:10	Ref / Oh oh oh	4x8	B ¹	Inhale/Exhale – EXTENDED WARRIOR 2 L WITH HAND CLASP OPTION: L elbow to thigh	32
1:29	V2 / It's cold when	2x8	A	REPEAT Set up WARRIOR 2 SEQUENCE R	16
1:38	V2 cont. / Give me what I	6x8	A ¹	REPEAT WARRIOR 2 R and REACHING WARRIOR R	48
2:07	C / The middle	4x8	B	REPEAT REACH ARMS O/H , clasp hands, shoulders stacked over hips	32
2:26	Ref / Oh oh oh	4x8	B ¹	REPEAT EXTENDED WARRIOR 2 R WITH HAND CLASP	32
2:45	Br / _ But for now	4x8	C	Inhale/Exhale – Set up SIDE LUNGE , feet wide, knees bent, arms wide, palms up	32
3:03	Br cont. / My mind	4x8	C ¹	Inhale/Exhale – REACHING SIDE LUNGE L , weight shift L, reach L arm to L diagonal, L palm turns up	16
				Repeat to R, staying low in legs when moving across	16
3:22	Instr /	6x8	D	Inhale/Exhale – WIDE SQUAT , step feet in closer, arms wide, palms up	16
				Inhale/Exhale – ARMS REACH O/H, CLASP HANDS OPTION: No hand clasp, arms O/H	32
3:50	Ref / Oh oh oh	4x8	D ¹	Inhale/Exhale – WIDE SQUAT WITH BABY BACK BEND	32
4:09	Outro /	4x8	E	Inhale/Exhale – WIDE-LEGGED FORWARD FOLD	32



03. YOU AND I 4:30mins

TECHNIQUE AND COACHING

WARRIOR 2 SEQUENCE

LAYER 1

- Take your feet wide
- Right toes to right side
- Push the left heel away
- **Knee over ankle** as you find Warrior 2
- Breathe in, lift arms wide to the side
- Exhale and **square hips to the front**
- Inhale, Reaching Warrior
- Open the palms as you reach out
- Create one long line from the fingers to the toes
- Exhale, **lock the core strongly**
- Big breath in as we clasp hands over head
- Exhale, relax shoulders
- Big breath to find your strength
- Exhale, Extended Warrior
- Options: Elbow to thigh or ankle

LAYER 3

- If it's too intense for your shoulders, open up your hands
- Every pose is one step closer to personal growth
- Trust your journey
- Feel the energy rising within
- Grow strong and show yourself

REACHING SIDE LUNGE

LAYER 1

- Quickly shake out the legs
- Set up for Side Lunge
- **Knee over ankle**
- Feet wide
- **Knees out over toes**
- Toes turned out slightly
- Inhale, reach, bend deeply into the right leg
- Exhale, tuck the tail bone under
- Breathe to the other side

LAYER 3

- Feel the deep stretch into the hips

WIDE SQUAT WITH BABY BACK BEND

LAYER 1

- Adjust your feet to find your Wide Squat
- Inhale, **knees out**
- Exhale, tail bone tucked under
- Feel the **core strong**
- Inhale, clasp hands over head
- Exhale, drop low in your legs
- Baby Back Bend
- **Squeeze butt**
- Lift the heart space up
- Soft knees
- Wide-Legged Forward Fold

LAYER 3

- Rise with the music
- As the music reaches its peak so does your confidence

ESSENCE TIPS

We continue to grow and expand internally with confidence as we build strength in our Standing Strength postures. This track provides a wonderful opportunity for your class to explore the progression of their alignment, strength and capacity to breathe deeper. We focus on strength in the lower body and freedom in the upper body as we move through Reaching Warrior, Warrior 2 with Overhead Hand Clasp, Side Lunges, and Wide Squat with Baby Back Bend. Allow this powerful music to help create an empowering experience.

Warrior 2 foundational alignment: Turn your front foot (right foot in a right-side Warrior Pose) out to 90 degrees, and your back foot turns in, heel presses outward (this helps with stability and knee protection). The front knee bends to a 90-degree angle, directly over the ankle. For safety, ensure the knee doesn't collapse inward or extend beyond the toes. The hips face to the front (encourage your participants to bring the right foot forward to the front of the mat to allow more hip mobility if needed). We brace the core to maintain a neutral pelvis to avoid overarched the lower back. The spine is lengthened, and the shoulders are stacked over the hips.



04. BALANCE

TRACK FOCUS

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

EQUIPMENT

Mat to 45°

MUSIC		EXERCISE		CTS	REPS
0:00	Intro /	2x8	A MOUNTAIN POSE , facing front, feet together PREGNANCY OPTION: Feet hip-width apart	16	
0:18	V1 / _ So matter of fact	4x8	B ANGEL SEQUENCE FLOW Inhale – Heels lift, arms wide, palms F Exhale – Land heels, wrap arms around body, chest F	4 4	4x
0:53	PC / Gate _ Abdicate	1x8	C Inhale/Exhale – WARRIOR 3 L	8	
1:01	C / Slip away	4x8	C ¹ WARRIOR 3 FLOW L Inhale – Lift chest, R knee bent to chest, arms O/H, palms together OPTION: R toes to floor Exhale – WARRIOR 3 L , hands lower through mid-line, then sweep B	4 4	4x
1:37	C cont. / From you	1x8	D Inhale/Exhale – STAR POSE L , turn body to face front	8	
1:46	V / _ Found a weak	4x8	B REPEAT ANGEL SEQUENCE FLOW	32	4x
2:21	PC / Gate _ Abdicate	1x8	C REPEAT WARRIOR 3 R	8	
2:30	C / Slip away	4x8	C ¹ REPEAT WARRIOR 3 FLOW R	32	4x
3:05	C cont. / From you	1x8	D REPEAT STAR POSE R	8	
3:14	Br / _ There's nobody left	2x8	E TREE POSE FLOW Inhale/Exhale – TREE POSE R , arms reach O/H OPTION: R toes to floor	16	
3:31	C / Slip away	4x8	E ¹ Inhale/Exhale – REVERSE WILLOW POSE R , reach arms and torso to L Inhale/Exhale – WILLOW POSE R , reach arms and torso to R	16 16	
4:07	C cont. / From you	1x8	E REPEAT TREE POSE R	8	
4:15	Br / _ There's nobody left	2x8	E TREE POSE FLOW REPEAT TREE POSE L	16	
4:33	C / Slip away	4x8	E ¹ REPEAT REVERSE WILLOW POSE L and WILLOW POSE L	32	
5:09	C cont. / From you	2x8	E REPEAT TREE POSE L	16	

SMARTSTART

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



04. SLIP AWAY 5:29mins

TECHNIQUE AND COACHING

ANGEL SEQUENCE FLOW

LAYER 1

- Feet together or hip-width apart
- Inhale, lift heels
- Arms lift wide to the side wall
- Exhale, wrap arms around body
- Bend knees, ground heels
- **Draw the belly in**
- **Squeeze glutes as you rise**

LAYER 3

- Feel the rounding in the upper spine
- Feel the release in the upper back

WARRIOR 3 FLOW

LAYER 1

- Right foot to the right corner
- Inhale, Warrior 3
- Lift back foot off the floor
- Exhale, **square hips and shoulders to the front**
- Ready to flow
- Knee to chest
- Fold back to Warrior
- Inhale, reaching arms high
- Exhale, unfold
- Toe-tap down anytime
- Hold the Warrior
- Open to Star Pose
- **Square hips to front**

LAYER 3

- Steady the eye gaze to focus
- We are finding our balance in motion today
- Sweep your bottom arm up to Star Pose

TREE POSE FLOW

LAYER 1

- Tree Pose
- Foot grounded, or on calf or thigh
- Breathe in and lift your arms over head
- Exhale, ground yourself to the earth
- **Square and level hips to front**
- Willow Pose
- **Core braced**
- Soft C-shape in the spine
- Touch down if you get the wobbles
- Journey to the other side for Willow Pose
- Back to center for the final breath

LAYER 3

- Find your strength in the bottom foot and grow into your tree
- Set a strong foundation – take the time your body needs

ESSENCE TIPS

As with all balancing poses, it starts with a quiet, centered mind connected to the breath. The objective is for your participants to not only feel the breath in the poses but also how it can allow us to go a little further, or stay a bit longer. Coaching to the lower-body foundation of strength will provide the platform from which all the flows will blossom.

Stepping out on a 45-degree angle allows your participants to see and feel the Warrior 3 Flow easily and the foot placement creates the foot alignment for Star Pose. Regardless of what options your participants choose – whether they can hold their pose, or touch down regularly – celebrate their efforts. They are here, giving it a go, and it's all about practice. Encourage them to shake out their arms and legs any time, and approach the poses with a sense of possibility and curiosity.



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
0:02	V1 / Even in the dead of night	2x8	Lie SUPINE , facing the side, knees over hips PREGNANCY OPTION: On elbows	16	
0:10	V1 cont. / Even in the light of dawn	6x8	A C-CRUNCH COMBO Exhale – C-CRUNCH , reach hands alongside legs Inhale – SHOOT OUT , legs to 45°, arms O/H OPTION: Knees bent Exhale – C-CRUNCH Inhale – Release down PREGNANCY OPTION: Starting with toes on floor, lift one leg, knee bend (4cts), lift the other (4cts), hold (4cts), lower down (4cts)	4 4 4 4	3x
0:36	C / Some kind of magic	6x8	A ¹ C-CRUNCH COMBO WITH TRIPLE PULSE Exhale – C-CRUNCH , reach hands alongside legs Inhale – SHOOT OUT , legs to 45°, arms O/H Exhale – C-CRUNCH WITH TRIPLE PULSE Inhale – Release down	4 4 6 2	3x
1:01	V2 / Even in the heavy times	8x8	B KNEE DROP L&R Inhale – KNEES ROLL TO FRONT , hands wide on floor, head down Exhale – Back to center Repeat to B PREGNANCY OPTION: Knee Drop with toes on floor	4 4 8	4x
1:34	C / Some kind of magic	8x8	B ¹ KNEE DROP WITH TRIPLE KICK L&R Exhale – KNEES ROLL TO FRONT, TRIPLE KICK, ALTERNATE KICK TO DIAGONAL , starting with top leg (R, L, R) HOLD with top leg extended Inhale – Knees bent, roll back to center Repeat to B PREGNANCY OPTION: Knee Drop L&R	3 1 4 8	4x
2:08	Some kind of magic	10x8	A ¹ REPEAT C-CRUNCH COMBO WITH TRIPLE PULSE	80	4x
2:50	Br / Break your heart	6x8	B REPEAT KNEE DROP L&R	48	3x
3:15	Br cont. / By you. This life with you	9x8	B ¹ REPEAT KNEE DROP WITH TRIPLE KICK L&R	72	4½x



05. WALK WITH YOU 3:59mins

TECHNIQUE AND COACHING

C-CRUNCH COMBO

LAYER 1

- Lie down on your back
- Side-on
- Pregnancy Option: On your elbows – chest lifted. Starting with toes on floor, lift one leg, knee bend 4cts, lift the other 4cts, hold 4cts, lower down 4cts
- C-Crunch Combo
- Crunch up, Shoot Out, Crunch in and lower down
- Breathing in through the nose and out through the mouth
- Shoulders off the floor
- Head down on the Shoot Out
- **Ribs to hips on the Crunch**
- **Press the lower back down towards the floor on the Shoot Out**
- Toe-tap down or take a rest when you need to
- Add the Triple-Pulse Crunch

KNEE DROP WITH TRIPLE KICK

LAYER 1

- Knees up, head down
- Knee Drops to the left and right
- **Anchor the shoulders as you drop**
- Are you ready to add on the Triple Kick?

LAYER 3

- We want to put pressure on the obliques
- Feel how we are resisting the way back in

ESSENCE TIPS

This is a short and intense Core Abdominals track! Offer pregnancy options as the track begins. Look out and acknowledge if anyone takes them. Let them know you see them, either verbally or just with a smile. Coaching is centered around the 3 B's (Back, Belly and Breath). The lower abdominal muscles have to react and switch on to stabilize the hips and pelvis as we set the C-Crunch Combo and Leg Drops. 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 where everyone has a choice and their own experience.

EQUIPMENT

Mat to 45°

MUSIC				EXERCISE		CTS	REPS
0:00	V1 / _ Sometimes I feel like	4x8	A	CAMEL SEQUENCE Set up CAMEL POSE , facing L, hands to lower back		32	
0:17	V1 cont. / _ Sometimes it seems	8x8	A ¹	Inhale/Exhale – CAMEL POSE WITH SINGLE ARM LIFT , L arm lifts O/H, R hand to lower back Inhale/Exhale – Switch arms		32 32	
0:52	C / You’ve got the love	4x8	A ²	Inhale/Exhale – CAMEL POSE , hands to lower back or heels		32	
1:10	V2 / _ Time after time	4x8	B	PLANK SEQUENCE Inhale/Exhale – PLANK POSE , on knees or toes PREGNANCY OPTION: Horse Stance		32	
1:27	C / You’ve got the love	12x8	B ¹	SIDE PLANK WITH ARM CIRCLE L&R Inhale – SIDE PLANK L, facing F, R arm circles low, R, up, L (O/H), feet in Scissor position OPTION: L knee down Exhale – PLANK POSE Repeat to R/B On last round, OPTION: R foot to L shin		12 4 16	3x
2:19	Ref / _ Some days I feel like	5x8	C	Inhale/Exhale – BACK EXTENSION PULSE , lie prone, arms wide, pulse up 1ct and down 1ct PREGNANCY OPTION: Pointer Pulse, back arm and front leg pulse up and down On last 8cts, hold up the Back Extension		2 8	16x
2:43	V4 / _ Sometimes I feel	16x8	A–A ²	REPEAT CAMEL SEQUENCE		128	
3:53	V5 / _ Time after time	16x8	B–B ¹	REPEAT PLANK SEQUENCE		128	
5:03	Ref / _ Some days I feel like	5x8	C	REPEAT BACK EXTENSION PULSE PREGNANCY OPTION: Pointer Pulse, front arm and back leg pulse up and down On last 8cts, hold up the Back Extension		40	



06. YOU'VE GOT THE LOVE 5:30mins

TECHNIQUE AND COACHING

CAMEL POSE

LAYER 1

- Camel Pose
- On your knees
- Tuck toes under
- **Chin tucked in**
- **Inhale, hips stacked over knees**
- **Exhale, squeeze glutes**
- Hands on hips to press hips forward
- Option: One arm lifted
- Full Camel Pose
- Hands to heels or lower back

LAYER 3

- We lift the energy – the entire posterior chain is expanding the front body
- Feel the heart space open

PLANK SEQUENCE

LAYER 1

- Full Plank
- **Hands under shoulders**
- On knees or toes
- **Core braced to square hips and shoulders to floor**
- **Back long and straight**
- Rolling Side Plank
- Circle the arm down, up and over
- **Glutes are engaged**
- **Body moves as one unit**
- Option: Bottom leg bent
- Top leg extended
- Press the hips forward, squeezing glutes
- **Lift the bottom hip to engage the obliques**
- You can bend the top leg
- Keep the hips square to floor

LAYER 3

- Find a place where you can keep the bottom hip lifted and the spine long
- Finding the stability from the earth
- Rotational core power starts here with control
- BODYBALANCE is a journey of self-discovery

BACK EXTENSION

LAYER 1

- Come down to your belly
- Back Extensions
- **Squeeze glutes**
- **Chin tucked in**
- Arms out to the sides
- Small lift up and down with breath

LAYER 3

- Each rep we lift a little higher

ESSENCE TIPS

This is a beautiful track which strengthens and lengthens the postural muscles with all our favorite poses: Camel Pose, Side Planks and Back Extension work. The choreography in this track gives you space to set the foundations so your participants can move from a safe and stable base to enhance their Yoga experience. The Camel Pose is a Back Bend which brings love and life into your spine – medicine for the spine. Coach to inhaling, lengthening the spine to lift the chest, drawing shoulder blades down and back. Imagine lifting your sternum towards the ceiling.

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

EQUIPMENT

Mat to 45°

MUSIC		EXERCISE		CTS	REPS
0:01	Intro /	6x8	A	Inhale/Exhale – CHILDS POSE , facing L	48
0:32	V1 / Give me one reason	6x8	B	MODIFIED HALF LOTUS SEQUENCE L Inhale/Exhale – MODIFIED HALF LOTUS L, facing F, L foot on R thigh, calf or on floor, hands behind on floor	48
1:03	V1 cont. / Baby , I got your number	6x8	B ¹	Inhale/Exhale – MODIFIED HALF LOTUS WITH SIDE BEND L, R arm lifts, SIDE BEND to L	48
1:32	C / Give me one reason	6x8	B ²	Inhale/Exhale – EXTENDED MODIFIED HALF LOTUS L, hands F on floor, chest folds F	48
2:01	V2 / I don't want no one to	6x8	C	Inhale/Exhale – KNEELING LUNGE SEQUENCE R, L leg swings B, R knee lifts, facing F, hands to floor or R thigh	48
2:30	Instr /	6x8	C ¹	Inhale/Exhale – TWISTED KNEELING LUNGE WITH QUAD STRETCH R, reach R arm B holding L foot OPTION: Kneeling Lunge R	48
2:59	C / Give me one reason	18x8	B–B ²	REPEAT MODIFIED HALF LOTUS SEQUENCE R	144
4:28	V3 / I don't want no one to	12x8	C–C ¹	REPEAT KNEELING LUNGE SEQUENCE L and TWISTED KNEELING LUNGE WITH QUAD STRETCH L	96
5:25	V4 / This youthful heart can	10x8	D	Inhale/Exhale – DOWN DOG TO LUNGE FLOW , facing front Inhale/Exhale – LUNGE L, L foot steps outside L hand PREGNANCY OPTION: Kneeling Lunge L, land R knee Inhale/Exhale – DOWN DOG Inhale/Exhale – LUNGE R, R foot outside R hand Inhale/Exhale – DOWN DOG	16 16 16 16 16
6:11	C cont. / Said I don't want to leave	8x8	D ¹	LUNGE TO DOWN DOG FLOW Inhale/Exhale – LUNGE L, L foot steps outside L hand PREGNANCY OPTION: Kneeling Lunge L, land R knee Inhale/Exhale – DOWN DOG Inhale/Exhale – LUNGE R, R foot outside R hand Inhale/Exhale – DOWN DOG	2x 8 8 8 8



07. GIVE ME ONE REASON 6:54mins

TECHNIQUE AND COACHING

MODIFIED HALF LOTUS SEQUENCE

LAYER 1

- Sink into Childs Pose
- Knees wide
- Toes together
- Breathe your hips back
- Modified Half Lotus
- **Flex foot**
- Easy cross leg, foot on shin or knee or floor
- Lift up, anchor sit bones to floor
- Inhale, lengthen spine
- Exhale, come forward
- Breathe in, lifting right arm up; C-shape the spine
- Lower belly gently draws in
- You can come forward
- You can move or be still

LAYER 3

- Start to move where it feels good for you
- Creating length out of our hips
- Creating space

KNEELING LUNGE SEQUENCE

LAYER 1

- Top leg spins to the back
- Use your hands to lift up into Kneeling Lunge
- Hands can come low
- Down onto elbows
- Or take the Quad Stretch

LAYER 3

- Our quads become tight from sitting; this posture will give them the love they need

DOWN DOG TO LUNGE FLOW

LAYER 1

- Using your upper-body strength, press back to Down Dog
- Push hips back
- Take a full breath
- Right leg to Lunge
- **Knee over ankle**
- Drop hips low
- Chest lifted
- Pregnancy Option: Kneeling Lunge

LAYER 3

- Pressing fingertips into the floor
- Stay with the speed or move faster
- Feel your breath connecting with the music

ESSENCE TIPS

This is a beautifully choreographed track as we move through Modified Half Lotus and Lunge poses 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 – this will allow the musical feel to shine through.



08. TWISTS

TRACK FOCUS

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

EQUIPMENT

Mat to 45°

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	2x8	A	Inhale/Exhale – DOWN DOG	16	
0:10	V1 / Call you up	4½x8	B	3-LEGGED DOG TO SEATED TWIST SEQUENCE Inhale/Exhale – 3-LEGGED DOG WITH OPEN HIP L, L leg lifts, bend knee	36	
0:33	C / Even if I could , would it	9½x8	C	Inhale – Sweep L knee F to SWAN POSE L	8	
				Exhale – Pick up R leg, bring F and across to SEATED TWIST R	8	
				Inhale/Exhale – SEATED TWIST R PREGNANCY OPTION: R foot in front of L shin	60	
1:21	Even if I could , would it	5x8	C¹	Inhale/Exhale – SEATED TWIST WITH LEG EXTENSION R, L hand holds outside of R foot, extend R leg F OPTION: Reach R arm B PREGNANCY OPTION: Seated Twist R	40	
1:47	Br / It's OK	8x8	D	Inhale/Exhale – OPEN SEATED TWIST R, turn torso to L, R arm across R leg	64	
2:27	Ref / There no more	5x8	D¹	Inhale/Exhale – OPEN SEATED TWIST WITH SIDE BEND R, lift L arm	40	
2:53	Instr /	6½x8	A–B	REPEAT 3-LEGGED DOG TO SEATED TWIST SEQUENCE	52	
3:26	C / Even if I could , would it	14½x8	C–C¹	REPEAT Sweep R knee to SWAN POSE , TRANSITION TO SEATED TWIST L and SEATED TWIST WITH LEG EXTENSION L	116	
4:40	Br / It's OK	13x8	D–D¹	REPEAT OPEN SEATED TWIST L and OPEN SEATED TWIST WITH SIDE BEND L	104	



08. THE HARDEST PART 5:48mins

TECHNIQUE AND COACHING

3-LEGGED DOG TO SEATED TWIST SEQUENCE

LAYER 1

- *Hold your Down Dog*
- *Inhale, right leg lifts to 3-Legged Dog*
- *Exhale, bend the knee and open hip*
- **Square shoulders to front** as you **breathe**
- *Transition through Swan Pose to Seated Twist*
- *Sweep the top leg through, then sit the butt down*
- *Back leg around to front for Seated Twist*
- *Anchor foot in front of knee or over knee*
- *Inhale, wrap or extend arm to lengthen*
- *Exhale, **turn from the center of the chest***
- *Option: Grab the outside of the foot for Leg Extension*
- *Back hand on or off the floor*
- *Breathe and lengthen the spine wherever you are*
- *Inhale, Open Twist*
- *Exhale, soften and revolve*
- *Take a breath together and C-shape the spine*

LAYER 3

- *You have lots of options today*
- *Think of our sit bones as our roots, anchoring us to the earth*
- *Think of the spine as a tall strong tree trunk*
- *We spiral from the roots all the way to the crown of the head*
- *Keep the rotation as you do the Side Bend*

ESSENCE TIPS

Focus on 3 simple steps to twist in each pose – anchoring, lengthening and turning/ twisting: anchoring down through the points of connection on the floor, lengthening up through the spine to create space to move from, and then exhaling to twist.

In the Twists, coaching moments of silence allows your participants to feel and enjoy the stretch in their bodies as well as thinking about whether they need to adjust so it feels as good as it possibly can.

Coach to balance the energy as we twist or lift, and then surrender and release as we settle in. Take time to breathe and feel the track with your participants. This is a wonderful opportunity to show absolute care and respect for the people who have taken time out of their busy day to join you today.



09. FORWARD BENDS / HAMSTRINGS

TRACK FOCUS

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

EQUIPMENT

Mat to 45°

MUSIC		EXERCISE		CTS	REPS
0:00	Instr /	2x8	A Inhale/Exhale – SEATED STICK POSE , facing L PREGNANCY OPTION: Knees bent	16	
0:21	Feel the ground	4x8	A ¹ Inhale/Exhale – SEATED FORWARD FOLD	32	
1:04	_ Broken orbit	5½x8	B Set up SEATED HALF FORWARD FOLD L, R foot to inner L thigh Inhale/Exhale – Fold F	12 32	
2:00	See the clouds move	5½x8	B Set up SEATED HALF FORWARD FOLD R, L foot into inner L thigh Inhale/Exhale – Fold F	12 32	
2:43	_ Broken orbit	4x8	C WIDE-LEGGED STICK POSE SEQUENCE Inhale/Exhale – WIDE-LEGGED STICK POSE , facing front PREGNANCY OPTION: Knees bent	32	
3:14	I’m calling _	2x8	C ¹ Inhale/Exhale – SEATED WIDE-LEGGED FOLD , chest F PREGNANCY OPTION: Hands B on floor	16	
3:41	Stretching out	4x8	C ² Inhale/Exhale – SIDE BEND L, R arm lifts, L arm inside L leg PREGNANCY OPTION: L hand behind on floor Repeat to R	8 8	2x
4:24	Instr /	5x8	C ¹ REPEAT SEATED WIDE-LEGGED FOLD OPTION: Pancake Pose	40	
5:15	_ Broken orbit	2x8	Lie SUPINE , facing R	16	
5:37	Cut the cord	3x8	D Inhale/Exhale – LYING HAMSTRING STRETCH L, L leg lifts, R leg long or bent OPTION: Lift chest, hugging leg in PREGNANCY OPTION: Seated Half Forward Fold L	24	
6:05	Freefalling _ / (Second one)	3x8	D ¹ Inhale/Exhale – LYING HAMSTRING STRETCH R	24	



09. FREEFALLING 6:45mins

TECHNIQUE AND COACHING

SEATED FORWARD FOLD / SEATED HALF FORWARD FOLD

LAYER 1

- Extend your legs
- Be up on your sit bones
- Inhale, together to lengthen
- Exhale to fold forward
- Knees bent or straight
- **Belly in**
- Breathe in and sit up
- Half Forward Fold
- Front foot into inner thigh
- **Square your body to front**
- Inhale to lengthen
- **Draw belly in**
- Exhale to fold
- Other side

LAYER 3

- Cultivate that sense of presence
- Wherever you are, press the hips to the earth
- Keep scooping the belly, making space for our fold

WIDE-LEGGED STICK POSE SEQUENCE

LAYER 1

- Face the front
- Again, up on your sit bones
- Knees bent or extend legs wide
- Breathe in and find length in the spine
- Exhale and hinge forward
- Side Bend to the right side
- Inhale, C-shape the spine
- Exhale, find space in the side body
- Back to the center for fold
- Option: Sit up and reset

LAYER 3

- Press the back of the knees down onto the floor
- Spiral the inner thigh, knee and calf outward

LYING HAMSTRING STRETCH

LAYER 1

- *Pregnancy Option: Stay with Half Forward Fold*
- Turn to the side, lie down
- 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

- Finding the stretch that suits you in this moment

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 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

POEMS 5:03mins

TRACK FOCUS

Create a breathing practice.

EQUIPMENT

Mat to 45°

Beautiful. Bend the knees, Supine Twist. Gently let the knees fall to the front. Enjoy the stretch in your lower back.

And in your own timing, slowly change sides. Let's ease into relaxation and meditation. As soon as you're ready, bring the knees back to the center. Maybe you want to grab something warm. Just find a comfortable position, maybe lying on your back or on your side. If you're pregnant, maybe you'd like to lie on your side or sit up. Then, close your eyes whenever you're ready.

Start to connect with your breath and your body. Breathe in, out. Feel how cool the air is that you breathe in and how the air feels when you breathe out again, warmed by your body. And as you breathe gently, remind yourself, you are unique. And there is no one in this world quite like you. Your body is a remarkable gift that is worthy of love and appreciation just as it is. So often we compare ourselves to others and forget our body was made to be unique and was made to be and look different than anybody else, so let go of comparisons. As you breathe out, let go of that habit measuring yourself against others or focusing solely on your appearance and instead bring your focus inward and celebrate what your body has helped you achieve and accomplish. Think about all those moments your body has carried you through challenges. Whether it was attending a fitness class, caring for a new baby, healing from an injury or just simply making memories with loved ones. So breathe gently, shift your focus from how your body looks to what it has done and feel that deep gratitude for it's resilience, strength and the ability to help you live life fully.

When you're ready, slowly bring your awareness back to this present moment. Take your time and observe what your body needs right now. Maybe you want to take another deep breath. Maybe you want to bring back movement into your body or lie on your side.

As soon as you're ready, slowly and gently find your way back into a seated position. And let's take another deep breath together. Breathe in through the nose, out, in, out.

Breathe in, bring your hands over your head. Breathe out, bring your hands to your forehead for positive thoughts. To your mouth for words of praise for yourself, and to your heart for respect and gratitude towards your body and yourself.

BODYBALANCE 110. From our hearts to yours. Thank you for flowing with us today. We'll see you next time.



BONUS

01. TAI CHI WARM-UP

TRACK FOCUS

Focus on coaching breath to deeply warm the body.

EQUIPMENT

Mat to 45°

MUSIC		EXERCISE		CTS	REPS
0:07	Intro /	2x8	Set up WIDE WU CHI , facing front	16	
0:16	V1 / Did I love you	8x8	A ARM WRAP L&R		16x
			Inhale – Weight Shift L, swing arms to L, wrap around body	2	
			Exhale – Repeat to R, arms wide as shift sides	2	
0:51	C / Did I love you	8x8	B ARM CIRCLES		8x
			Inhale – Hands scoop low in front, palms facing up, bend knees	2	
			Exhale – Continue scoop up to O/H, palms facing you, forearms together, straighten legs	2	
			Inhale – Arms open, palms facing out, bend knees	2	
			Exhale – Deepen Squat, bend elbows	2	
1:27	V2 / Did I love you	8x8	A REPEAT ARM WRAP L&R	64	16x
2:03	C / Did I love you	8x8	B REPEAT SCOOP, LIFT, OPEN	64	8x



BONUS

01. DID I LUV U 2:41mins

TECHNIQUE AND COACHING

WIDE WU CHI WITH ARM WRAP

LAYER 1

- *Take the feet outside hip-width*
- **Knees press out** for Wide Wu Chi
- *Inhale, tail bone tucked under*
- *Exhale, sink into your legs*
- *Wrap arms from side to side as you weight shift*
- **Turn from the center of the chest**
- *Arms bounce off the body*
- *Keep tail bone tucked under*
- **Feel the belly engage** as you move

LAYER 3

- *We are waking our Chi – our energy – the center of our bodies*
- *Keep breathing in and out through the nose*

ARM CIRCLES

LAYER 1

- *New move: Arm Circles*
- *Scoop, lift, open and lower*
- *Inhale, draw the belly in as you scoop*
- *Tucking chin in*
- *Exhale, circle wide*

LAYER 3

- *Start small and we deepen as we warm up*
- *Consciously inviting the breath*
- *Roll through the spine to mobilize*

ESSENCE TIPS

The Wide Wu Chi sequences bring energy, mobilization and the connection of breath to the body. Coach to knee alignment for stability in the legs and core as we release the upper body when folding and rolling. The pace of the movement helps to provide much of the warming sensations, so coach simple Alignment (BPD) cues and breath, allowing space for the music to shine through and create a feeling that there is plenty of time and space. BODYBALANCE 110 Coaching points: 4 types of Tai Chi movement – breathing, releasing, warming and focusing. Enjoy this internal mind-body connection!



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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.

