

Throwback 2016

Yoga Sculpt · 17 songs · 63 minutes · Checked by ear, 24 Oct

app.arcbeat.yoga/playlists/throwback-2016 · a mapped playlist, prepared with Arcbeat



The map online

Play it on Spotify

BLOCK	SONG	SHAPE	THE BIG ONE	WRAP	NOTES
Arrival	Hymn for the Weekend Coldplay · 90 BPM		—	3:55	
Sun A	Cheap Thrills Sia · 90 BPM		0:32 (5 from 0:05)	3:23	
Sun B	Into You Ariana Grande · 108 BPM		0:54 (12, on the 5)	3:57	
Vinyasa	Closer (feat. Halsey) The Chainsmokers · 95 BPM		3:32 (40 from 0:09) soft	3:54	
Sun B with weights	Starboy (feat. Daft Punk) The Weeknd · 124 BPM		3:00 (45 from 0:05, on the 5) soft	3:42	
Lower body, right	Cold Water (feat. Justin Bieber & MØ) Major Lazer · free time		1:51 soft	2:52	
Lower body, left	Don't Let Me Down (feat. Daya) The Chainsmokers · 107 BPM		0:59 (9 from 0:19)	3:22	
Upper body 1	Work from Home (feat. Ty Dolla \$ign) Fifth Harmony · 105 BPM		2:53 (36 from 0:09) soft	3:32	
Upper body 2	Side To Side (feat. Nicki Minaj) Ariana Grande · 159 BPM		3:03 (56 from 0:13, on the 5) soft	3:30	
Cardio	This Is What You Came For Calvin Harris & Rihanna · 124 BPM · 8x8 to set up		0:46 (4 from 0:31)	3:37	
Core	Gangsta Kehlani · 122 BPM		1:38 (22 from 0:12) soft	2:42	
Glutes, right	Heathens twenty one pilots · 90 BPM		1:13 (8 from 0:27, on the 5) ● Sync this one also 1:58 (17), 2:19 (21)	3:11	
Glutes, left	Castle Halsey · 130 BPM		1:17 (14 from 0:24, on the 5)	4:05	
Tabata	Can't Stop the Feeling! (Film Version) Justin Timberlake · 113 BPM		3:09 (38 from 0:25, on the 5) ● Sync this one	3:43	
Core again	Sucker For Pain (with Logic, Ty Dolla \$ign & X Ambassadors) Lil Wayne, Wiz Khalifa & Imagine Dragons · 84 BPM		3:30 (32 from 0:24, on the 5) soft	3:56	
Stretch	Say You Won't Let Go James Arthur · 95 BPM		—	3:23	
Savasana	Million Reasons Lady Gaga · 130 BPM · 12x8 to set up		—	3:14	

The big one, in bold: where the song breaks hardest; in brackets, its eight-count from the beat. "On the 5": halfway through. Soft: it swells rather than hits. 6/8 or free time: the time only. In grey: no big one, where its build-up lands ("full level": no break, where the song comes up to it). Shape: breaks as dots, loud stretches shaded. Sync this one: turn it up and land the hardest work on it.

Share your songs for mapping: DM their Spotify links to @arcbeat.yoga on Instagram, and they come back mapped within 48 hours.

Where every song breaks, on one page.

One song per block, in class order. Play the playlist on Spotify from the QR code on the front, then teach from the page.

The big one	1:13 on Heathens is where the song hits hardest. Build to it, and land the hardest work there: the deepest squat, the last fast set, the held pose.
(8 from 0:27, on the 5)	Its eight-count. Count from where the beat comes in, at 0:27; the big one arrives on eight 8. "On the 5" means halfway through that eight. It still holds if you trim the start.
● Sync this one	The few songs worth turning up. Every other block can just run on the beat.
also 1:58 (17)	On a song to sync, its other breaks: more moments to hit.
3:32 (40 from 0:09) soft	In grey: no big one by ear. The time is where a build-up on it lands: its last break, or, marked full level, where the song comes up to full level. A dash means a quiet block.
Soft	The music swells back rather than hits: ease in, don't slam.
Wrap 3:11	Start bringing the block down here, before the outro runs out.
The shape	The line is the music, the dots its breaks, the shaded stretches where it runs loud.
Notes	The blank column is yours: pencil the move you'll land on each big one.

One favour

Teach a block from it, or the whole class, and tell me whether the hit landed where the page says.

A message to [@arcbeat.yoga](https://www.instagram.com/arcbeat.yoga) on Instagram is perfect, even one line. What you changed helps too.

Want your next playlist mapped like this? Share your songs the same way.

Thanks, Christophe

Toward a flow state in class

Play the playlist. The body keeps time without being asked, and hard work on the beat feels lighter.

Teach from the map. The room already knows what's coming; the pleasure is in the waiting, the reward when the big one lands.

● **Sync this one.** The burnout lands on the big one, so the effort feels chosen, not imposed. The quiet before it is where your cue carries furthest.

The gains are modest; nobody has tested this in a yoga class. The studies, in plain words: **arcbeat.yoga/science**