

SPIRIT REBELS #15 – JOY

Release 15 is all about experiencing joy! It's about moving with purpose and letting your amazing self, shine in every pose. With some awesome music, we'll explore what brings us joy and confidently express ourselves. Whether your mat is set up like a tall tower or a wide rectangle, choose what feels right for you and your core strength. Just make sure everyone can see your superhero moves and try to avoid teaching with your back turned. You're in charge! Adapt the moves based on who's in front of you. You get to decide the pace and style that fits your class, whether it's relaxed and slow or bursting with energy.

When coaching REBELS, keep an eye out for:

1. Correct alignment: Ensure they maintain correct posture and alignment in each stretch to prevent strain or injury.
2. Respect individual abilities: Offer modifications and encourage them to listen to their bodies, respecting their limits without pushing too hard.
3. Engaged breathing: Guide them to breathe deeply and steadily during stretches to enhance relaxation and promote flexibility.
4. Attention span: Keep instructions clear and concise, and incorporate interactive elements to maintain their focus throughout the session.
5. Positive reinforcement: Provide encouragement and praise to boost their confidence and motivation during the stretching session.

Please adapt your language to communicate effectively with 8-14 year olds. We recommend discovering your own unique style, selecting words, and using coaching language that resonates with the specific group you're working with. Additionally, always consider the safety concerns associated with working with 8-14 year olds when delivering your class.

***Options and adapted choreography for REBELS is highlighted in GREEN

MIND • STRENGTH • BODY

REBELS INTRODUCTION – 10 Minutes

As you prepare to lead the 10-minute introduction for your SPIRIT Rebels class, keep in mind the importance of setting the tone for a fun and successful session. This brief period is all about getting our young participants ready for the session ahead, helping them feel confident with key postures, and fostering a positive atmosphere where they can thrive.

During this time, your role is crucial in guiding them through three star moves, explaining them clearly and ensuring everyone feels comfortable and prepared. As the weeks progress, don't hesitate to mix things up by introducing new star moves to keep the energy high and the excitement fresh. Remember, our goal is to create an environment where both kids and parents/guardians feel connected, supported, and eager to dive into the session ahead. Let's make it fun!

Star Move #1: Downward Dog

Focus: Stretching your whole body, getting strong arms and legs, and chilling out your mind by breathing right while you move.

Technique: Start on your hands and knees, then lift your butt up to make an upside-down V shape. Straighten your arms and legs and try to touch your heels to the floor while pushing your hands into the ground.

Coaching (for 8-14 year olds):

- Find a comfy spot for your hands and feet.
- Bend your knees a little if it feels better.
- Breathe in deep as you lift your butt and breathe out slow as you press your hands down.

Star Move #2: Warrior 2

Focus: Making your legs super strong, getting better at balancing, and feeling brave and powerful.

Technique: Stand up tall and step one foot back. Bend your front knee like you're sitting down in a chair and stretch your arms out wide. Look over your front hand and stand strong!

Coaching (for 8-14 year olds):

- Keep your knee right over your ankle so it stays safe.
 - Feel like a mighty warrior in this pose!
- Take deep breaths to stay focused and steady.

Star Move #3: Tree Pose

Focus: Balancing like a pro, staying focused, and finding calm inside while making your legs super strong.

Technique: Stand up straight and lift one foot up to your inner thigh or calf (not your knee). Put your hands together at your chest or stretch them up high like tree branches. Pick a spot to look at and try not to wobble!

Coaching (for 8-14 year olds):

- Imagine you're a sturdy tree, swaying gently in the breeze.
- Keep your belly tight and your standing leg strong.
- I've got different ways to do this if you need, just ask!

MIND • STRENGTH • BODY

WARM UP: *I believe* 03:30

Focus: Warm up your muscles and joints to prevent injury and encourage positive energy and motivation.

Technique tip: Alternating Side Lunge with Shoulder Roll: ensure feet are wide apart for stability during lunges. Avoid wobbling or discomfort in knees or ankles.

Coaching tip: Encourage proper hydration before, during, and after workouts to maintain energy levels and support overall well-being.

Track Time	Lyrics	Choreography	Reps	Counts	X 8
00:00	Intro	Set up	1	(16)	2 x 8
00:14	Organ	Head Circle	1	(16)	2 x 8
00:22	Every mo..	Flying Squat Baby Backbend Sequence	2	(32)	8 x 8
00:55	I believe	Static Lunge with Arm Circle	1	(64)	8 x 8
01:28	Are you feeling	Alternating Side Lunge with Shoulder Roll Step feet really wide, moving from side to side, keeping knees pressed out to side. <i>Inhale</i> Pay particular attention to knees, ankles and twisting at the torso. <i>Exhale</i>	4	8 8	8 x 8
01:46	Now I'm	Side Lunge with Side Bend	1	(128)	16 x 8
02:20	I believe	Static Lunge with Arm Circle	1	(64)	8 x 8
02:52	Are you ...	Alternating Side Lunge with Shoulder Roll	4	(64)	8 x 8
03:10	Are you feeling	Alternating Side Lunge with Shoulder Roll/Arm Circle (REBELS OPTION: leave out arm circle and stay with shoulder roll)	4 4	(64) (64)	8 x 8 8 x 8

MIND • STRENGTH • BODY

SUN SALUTATION: *It's Alright 06:51*

Focus: Continue to warm up the body with forward bends, back bends, and twists. Maintain a consistent focus on breathing for relaxation and mindfulness.

Technique tip: Lunge/Kneeling Lunge with Side Bend. Square hips and lengthen spine during the pose. Emphasis correct alignment and stability to prevent injury.

Coaching tip: Remind participants to listen to their bodies and modify poses as needed to accommodate individual flexibility and comfort levels.

Track Time	Lyrics	Choreography	Reps	Counts	X 8
00:00		Set Up	1	32	4 x 8
00:24	Piano ... it's	Upper Body Circle	1	32	4 x 8
00:42	It's alright	Sun Salutation L Fold forward, like you're reaching for your toes, and breathe out . Lift halfway, hands on your thighs, and take a big breath in . Step your left leg back, feeling strong and grounded, as you breathe out . Bring your right leg back too, like you're a plank of wood, breathing in . Lower down halfway, or pretend you're a cat stretching, as you breathe out . Lift your chest up gently, like a baby cobra or a cow, as you breathe in . Push your hips up high, like a mountain, and breathe out . Step your left foot forward, finding your balance, as you breathe in . Sink into a lunge, lifting your arms O/H with your hands together, OR hands to thighs as you breathe out . Lean to the left side, feeling the stretch, as you breathe in . Fold forward again, feeling your body relax, as you breathe out . Reach up tall, like a mountain reaching for the sky, as you breathe in	1	8 8 8 8 8 8 8 8 8 8 8 8 8 8	12 x 8
01:42	It's alright ...	Sun Salutation R	1	(96)	12 x 8
02:38	Maybe I could ease	Sun Salutation L (REBELS OPTION: continue to coach round 1 options) Begin by folding forward, like you're reaching for your toes, and breathe out . Lift halfway, hands resting on your shins, and take a big breath in . Step your left leg back into a lunge, feeling strong and grounded, as you breathe out . Bring your right leg back too, coming into a high OR ½ plank position, and breathe in .	1	8 8 8 8 8	12 x 8

		<p>Lower down halfway, either with your knees or keeping them lifted, as you breathe out.</p> <p>Lift your chest up into Up Dog or Baby Cobra, feeling strong and open, as you breathe in.</p> <p>Push your hips up high into Downward Dog, like a stretching dog, and breathe out.</p> <p>Step your left foot forward into a lunge, finding your balance, as you breathe in.</p> <p>Sink into the lunge, lifting your arms O/H with your hands clasped, OR hands to thighs as you breathe out.</p> <p>Lean to the left side, feeling the stretch, as you breathe in.</p> <p>Fold forward again, letting your body relax, as you breathe out.</p> <p>Reach up tall into Extended Mountain, bringing your palms together, as you breathe in.</p>		8 8 8 8 8 8 8	
03:36	It's alright	Sun Salutation R	1	(96)	12 x 8
04:35	I know you carry the	<p>Sun Salutation L (REBELS OPTION: continue to coach round 1 or round 2 options)</p> <p>Folding forward, like you're reaching for your toes, and breathe out.</p> <p>Lift halfway, hands resting on your shins or the floor, and take a big breathe in.</p> <p>Step your left leg back into a lunge, feeling strong and grounded, as you breathe out.</p> <p>Bring your right leg back too, coming into a ½ plank, high plank, OR three-legged plank, lifting your right foot, and breathe in.</p> <p>Lower down halfway, either with your knees or keeping them lifted, as you breathe out.</p> <p>Lift your chest up into Up Dog or Baby Cobra, feeling strong and open, as you breathe in.</p> <p>Push your hips up high into Downward Dog, like a stretching dog, and breathe out.</p> <p>Step your left foot forward into a lunge, finding your balance, as you breathe in.</p> <p>Sink into the lunge, lifting your arms O/H with your hands clasped, OR hands to thighs as you breathe out.</p> <p>Lean to the left side, feeling the stretch, as you breathe in.</p> <p>Fold forward again, letting your body relax, as you breathe out.</p> <p>Reach up tall into Extended Mountain, bringing your palms together, as you breathe in.</p>	1	8 8 8 8 8 8 8 8 8 8 8 8	12 x 8
05:31	It's alright	Sun Salutation R	1	(96)	12 x 8
06:30	Outro	Baby Backbend	1	32	4 x 8

STANDING STRONG: *You Make Me Wanna* 05:17

Focus: Prioritise building strength, stability, and balance through standing poses, fostering mindfulness and presence to enhance physical and mental well-being.

Technique tip: in Goddess Squat Pulse and Twist, emphasise correct alignment, legs wide, keeping the hips square to the front as REBELS twist and pulse.

Coaching tip: Encourage participants to engage their core muscles throughout the movement to support stability and prevent strain on the lower back.

Track Time	Lyrics	Choreography	Reps	Counts	X 8
00:00	Intro	Warrior 2 L Set Up	1	16	2 x 8
		Warrior 2 L	1	(64)	8 x 8
00:42	You make me	Flying Warrior 2 Sequence L (REBELS OPTION: keep heels on floor for Warrior 2)	2	(64)	8 x 8
01:11	Disconnection	Triangle L	1	(64)	8 x 8
01:41	Rejoice ...	Reverse Triangle – Triangle Sequence L	2	(64)	8 x 8
02:10	music	Warrior 2 R set up	1	(16)	2 x 8
02:17	Ooh you ready	Warrior 2 R	1	(64)	8 x 8
02:48	Rejoice	Flying Warrior 2 Sequence R	2	(64)	8 x 8
03:17	Disconnection	Triangle R	1	(64)	8 x 8
03:47	Rejoice	Reverse Triangle – Triangle Sequence R	2	(64)	8 x 8
04:16	Never gonna	Goddess Squat	1	16	2 x 8
04:23	Never gonna	Goddess Squat Pulse	4	4	2 x 8
04:31	Rejoice	Goddess Squat Pulse with Twist (REBELS OPTION: remove the pulse) Add a twist to the L, pulse hips up and down. Repeat R	2	16 16	8 x 8
05:01	Outro	Goddess Squat (REBELS OPTION: keep heels on floor) Arms lift to high V, lift the heels.	1	32	4 x 8

MIND • STRENGTH • BODY

BALANCE: *Never had a love like this* 04:28

Focus: Enhance stability, body awareness, and core strength through balancing poses, fostering improved concentration and overall well-being for better physical and mental health.

Technique tip: Pay close attention to balancing with lifted heels during rotations, touching down as needed to maintain stability and ensure success. This approach supports enjoyment and skill development, crucial for a fulfilling experience. The move to look out for, the "Tree in the Breeze Sequence" offers a significant challenge.

Coaching tip: Encourage participants to embrace the challenge of balancing poses with a positive mindset, focusing on progress rather than perfection, and celebrating small victories along the way.

Track Time	Lyrics	Choreography	Reps	Counts	X 8
00:00	Intro	Mountain Pose Balance with Twist (REBELS OPTION: keep heels on the floor) Mountain Pose, arms F at shoulder height. <i>Breathe in/Breathe out</i> Lift heels. <i>Breathe in/Breathe out</i> Arm circle L, turn chest to L side. <i>Breathe in/Breathe out</i> Arm circle R, turn chest to R side. <i>Breathe in/Breathe out</i>	1	16 16 16 16	8 x 8
00:39	I've been	Knee to Chest Pose L	1	(32)	4 x 8
00:56	Never be running	Side Leg Extension L (REBELS OPTION: keep knee bent as leg opens to the side) Leg extends to the L side of body. <i>Breathe in/Breathe out</i> Hold the leg extension, R arm extends to R. <i>Breathe in/Breathe out</i>	1	16 16	4 x 8
01:14	I finally feel	Tree pose	1	(32)	4 x 8
01:31	Never had a love like this	Tree in a Breeze Sequence (REBELS OPTION: keep toes on floor at ankle) Side bend L. <i>Breathe out</i> Tree pose centre. <i>Breathe in</i> Side bend R. <i>Breathe out</i> Tree pose centre. <i>Breathe in</i>	2	8 8 8 8	8 x 8
02:06	Now I've	Knee to Chest Pose R	1	(32)	4 x 8
02:24	Never be	Side Leg Extension R	1	(32)	4 x 8
02:41	I finally feel	Tree pose	1	(32)	4 x 8
02:58	Never had a	Tree in a Breeze Sequence	2	(64)	8 x 8
03:34	Love like	Mountain Pose Balance with Twist (REBELS OPTION: keep heels on the floor)	1	(64)	8 x 8

04:09	Outro	Baby Backbend Balance (REBELS OPTION: keep heels on the floor) Both arms reach up and back. Breathe in Arms clasp behind the back, backbend. Breathe out	1	16 16	4 x 8
-------	-------	--	---	----------	-------



SPIRIT

MIND • STRENGTH • BODY

CORE: Lift me up 03:50

Focus: Target abdominal muscles, obliques, and back muscles to enhance stability and control, promoting overall core strength for better posture and movement.

Technique tip: Pay attention to the diagonal pointer exercise, maintaining proper form with a straight line from fingertips to heel, engaging core and back muscles for stability, and breathing steadily throughout. Focus on quality over quantity, ensuring balanced weight distribution and smooth transitions between movements. The star move, the "Rolling Plank" offers a challenging yet effective exercise to strengthen the core muscles.

Coaching tip: Encourage participants to listen to their bodies and modify the intensity of the exercises as needed. Emphasise the importance of consistent practice to see improvements in core strength and overall fitness levels over time.

Track Time	Lyrics	Choreography	Reps	Counts	X 8
00:00	intro	Table Top Set Up	1	32	4 x 8
00:21	Everything bout you	Diagonal Pointer (REBELS OPTION: keep both hands on the floor) L arm and R leg lift in line with torso at shoulder and hip height. <i>Breathe in</i> Open wide to the diagonal. <i>Breathe out</i> Come back in line with torso. <i>Breathe in</i> Lower L arm and r leg back to table top. <i>Breathe out</i> Repeat R arm and L leg.	2	8 8 8 8	8 x 8
00:52	Lift me up	Diagonal Pointer [fast] (REBELS OPTION: stay at slower tempo)	4	(32)	8 x 8
01:24	No other	Plank with Alternate Knee Taps	8	8	8 x 8
01:57	Looking at	Recovery	1	32	4 x 8
02:12	Trumpets	Plank Set Up (REBELS OPTION: forearm plank on knees)	1	32	4x 8
02:29	Lift me up	Rolling Plank Sequence (REBELS OPTION: from kneeling plank, roll on to side of knee) Roll to R side plank, L arm lifts. <i>Breathe in</i> Roll back to full plank. <i>Breathe out</i> Roll to L side plank, R arm lifts. <i>Breathe in</i> Roll back to full plank. <i>Breathe out</i> (Option: in forearm plank and knees, roll to R side forearm plank, L arm lifts. Inhale Roll to L side forearm plank, R arm lifts. Exhale)	2	8 8 8 8	8 x 8
03:01	Come over	Walking Plank (REBELS OPTION: stay in forearm plank)	4	(64)	8 x 8
03:33	outro	Plank (REBELS OPTION: stay in forearm plank)	1	(32)	4 x 8

STRETCH: See myself in your eyes 03:56

Focus: Stretch to feel flexible, stand tall, and feel relaxed inside, finding a balance in your body.

Technique tip: Try Half Happy Baby pose lying down, pulling one knee to your chest and holding your foot gently. Breathe deeply and feel the stretch, keeping everything aligned and comfortable. When you do the Supine Twist with Figure 4, lay on your back and cross your ankle over the opposite thigh. Breathe deeply as you gently lower your legs to one side, feeling a good stretch in your hips and lower back.

Coaching tip: Remind participants to listen to their bodies and adjust the stretches as needed to avoid any discomfort. Encourage them to focus on their breath and stay present in the moment to enhance the effectiveness of the stretches.

Track Time	Lyrics	Choreography	Reps	Counts	X 8
00:00	Intro	Forward Fold	1	(48)	6 x 8
00:44	I used to	Half Happy Baby R (REBELS OPTION: hug knee to chest) Bend R knee outside of torso, foot with R hand, L knee stays bent. <i>Breathe in</i> Extend L arm wide in line with L shoulder. <i>Breathe out</i> Ease R thigh towards the floor, keeping lower back and pelvis stable. <i>Breathe in</i> Hold the half happy baby. <i>Breathe out</i> (Option: seated bring R foot to inside of L leg, knee drops wide in a half forward fold.)	1	8 8 8 8	4 x 8
01:09	You, fall	Figure 4 R	1	(32)	4 x 8
01:35	I see myself	Supine Twist with Figure 4 L (REBELS OPTION: uncross knees and let both knees fall to one side) Arms wide. <i>Breathe in</i> Lower legs to L side of body. <i>Breathe out</i> Stay in figure 4 position. <i>Breathe in</i> Hold figure 4 twist. <i>Breathe out</i>	1	8 8 8 8	4 x 8
02:01	I used to live	Half Happy Baby L	1	(32)	4 x 8
02:26	You,, fall	Figure 4 L	1	(32)	4 x 8
02:51	I see myself	Supine Twist with Figure 4 R	1	(32)	4 x 8
03:17	I see myself	Curved Supine Side Bend	1	(64)	8 x 8

MIND • STRENGTH • BODY

MEDITATION

Hey REBELS, it's time for a special 5-minute journey of joy with our relaxing sound meditation. Let's find a cozy spot where you feel safe and comfy. You can lie on your back, curl up on your side, or even sit up - whatever feels best for you. Close your eyes gently and let your body sink into relaxation, letting go of any tension.

If you're lying down, try stretching your arms and legs away from your body and let your toes roll out to the sides. Feel the peacefulness as you let your palms face up. If you're on your side, feel the support of the ground beneath you, and if you're sitting, relax your shoulders and soften your face.

Now, focus on your breath. Take deep breaths in, filling your lungs with happiness, and exhale out any worries or stress from your day. Take your time, breathing in joy and exhaling any heaviness. Let your breath flow naturally, feeling its soothing rhythm.

Take a moment to be proud of yourself for all you've accomplished today. Acknowledge those thoughts, and then gently clear your mind. Let go of any distractions and just be here, in this moment. This is your time to relax, to reset your mind and body, away from the hustle and bustle of the day.

Now, enjoy the quiet, or let yourself be carried away by the beautiful music. Focus on how your body feels, and when you're ready, start to deepen your breath again. Bring some gentle movement into your body, wiggling your fingers and toes, rotating your wrists and ankles, and gently turning your head from side to side.

In your own time, slowly come back to a seated position. Take a deep breath in, reaching tall, and as you exhale, gently open your eyes.

Welcome back!

That was Spirit Release 15, JOY!

Thank you for sharing this special time with us. We hope you enjoyed every moment!

MIND • STRENGTH • BODY