



# SPIRIT

MIND • STRENGTH • BODY

16

SERENITY REBELS

INSTRUCTOR CHOREOGRAPHY NOTES

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# RELEASE 16 SERENITY

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Welcome to Release 16: Serenity! In this SPIRIT REBELS session, we're going on a journey to discover our inner peace and beauty through gentle movements and deep breaths. Just like exploring a magical land, we'll move slowly and gracefully, feeling calm and positive. Serenity is like a gentle wave, calming our minds and washing away worries.

When coaching REBELS, keep an eye out for:

1. Correct alignment: coach to support 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 keep 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 children and young people (CYP) when delivering your class.

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

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# REBELS INTRODUCTION – 10 Minutes

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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 CYP ready for the session ahead, helping them feel confident with key postures, and creating 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 CYP and parents/guardians feel connected, supported, and eager to dive into the session ahead. Let's make it fun!

## STAR MOVE #1: UPWARD FACING DOG

**FOCUS:** Strengthening your back and arms, stretching your chest, and feeling energised.

**TECHNIQUE:** Start by lying flat on your belly. Push up with your hands, straightening your arms, and lifting your chest off the ground. You have the option to bend your elbows, keep your legs and feet flat on the floor in Cobra, and look straight ahead or up.

### Coaching (for 8-14 year olds):

- Start on your belly, then push up with your hands with an option to keep your legs and feet relaxed on the ground.
- Pretend you're a snake slithering up from the ground, feeling the warmth of the sun on your belly.
- Breathe in as you rise and breathe out as you relax back down.

## STAR MOVE #2: GODDESS SQUAT

**FOCUS:** Strengthening your legs, stretching your hips, and feeling grounded.

**TECHNIQUE:** Stand with your feet wider than your hips, toes pointing out. Bend your knees, lower your hips down like you're sitting in a big chair. Keep your chest up and your back long. Bring your hands together at your chest or reach them out to the sides.

### Coaching (for 8-14 year olds):

- Stand with your feet wide apart, like a star. Bend your knees and lower your hips down low, like you're sitting in a big chair.
- Keep your back long and your chest up, bringing your hands together at your chest, or reach them out to the sides like wings.
- Breathe out as you lower down and breathe in as you rise back up. Feel your legs getting stronger with each Goddess Squat.

## STAR MOVE #3: FLOATING HALF MOON

**FOCUS:** Balancing your body, strengthening your core, and feeling light and free.

**TECHNIQUE:** Start in a standing position. Lift one leg off the ground and reach the same-side arm up towards the sky. Keep your other arm extended down towards the floor. Balance on your standing leg and brace your belly to feel steady.

### Coaching (for 8-14 year olds):

- Lift one leg off the ground and lift the same side arm up towards the sky. Reach your other arm towards the floor.
- Imagine you're floating in space like a star! Have fun and enjoy the sensation of floating!
- Breathe in and out to stay calm and focused.

# WARM UP:

Feels so good | 4:22

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

**TECHNIQUE TIP:** Swing Downs are all about movement! Bend your knees, swing arms forward and down, wiggle your hips, stretch legs, and swing arms up overhead!

**COACHING TIP:** Encourage regular hydration before, during, and after the session to keep energy levels high and support overall well-being.

| Track Time | Lyrics          | Choreography   | Reps | Counts                     | X 8    |
|------------|-----------------|--|------|----------------------------|--------|
| 00:00      | Intro           | Set up - Extended Child's Pose   | 1    | 32                         | 4 x 8  |
| 00:25      | I've been       | Hip Circles L then R (clockwise then anticlockwise)  | 1    | 32                         | 4 x 8  |
| 00:47      | Never desc ...  | Table Top Cow / Cat  | 2    | 16                         | 4 x 8  |
| 01:09      | You've been     | Table Top Thread the Needle  | 1    | 64                         | 8 x 8  |
| 01:51      | I just levitate | Downward Dog   | 1    | 32                         | 4 x 8  |
| 02:13      | No I can never  | Walk Forward to Yogi Squat (REBELS OPTION: lift the heels)<br>Look fwd then walk feet outside of hands. <i>Breathe in.</i><br>Bend knees, lower hips, lift chest. <i>Breathe out.</i><br>Hold Yogi Squat with prayer hands to chest. <i>Breathe in/breathe out.</i>  | 1    | 8<br>8<br>16               | 4 x 8  |
| 02:33      | You've been     | Forward Fold   | 1    | 16                         | 2 x 8  |
| 02:43      | You've been     | Yogi Squat to Extended Mountain Pose   | 1    | 16                         | 2 x 8  |
| 02:55      | You've been     | Reverse High Lunge (REBELS OPTION: skip the Backbend)<br>L leg steps B to High Lunge, R knee bends. <i>Breathe in.</i><br>Step back to extended Mountain. <i>Breathe out.</i>  | 1    | 8<br>8                     | 4 x 8  |
| 03:16      | You've been     | Swing Down with Side Bend (REBELS OPTION: place hands on thighs)<br>Bend knees, arms swing fwd and down, <i>breathe in.</i><br>Hips bob halfway up, arms pull back and <i>breathe out.</i><br>Knees bend, arms swing forward, <i>breathe in.</i><br>Straighten legs, arms return O/H and <i>breathe in.</i><br>Side Bend left, <i>breathe out.</i><br>Extended Mountain and <i>breathe in.</i>   | 2    | 1<br>1<br>1<br>1<br>2<br>2 | 4 x 8  |
| 03:38      | You've been     | Swing Down with Side Bend (REBELS OPTION: keep hands on thighs/skip the curtsy)<br>Bend knees, arms swing down (Option: to place hands to thighs) and <i>breathe out.</i><br>Hips bob halfway up, arms pull back, <i>breathe in.</i><br>Knees bend arms swing forward and <i>breathe out.</i><br>Straighten legs, arms reach O/H and <i>breathe in.</i><br>Side Bend left (Option: step R foot behind and bend knees to curtsy), <i>breathe out.</i><br>Extended Mountain and <i>breathe in.</i> | 2    | 1<br>1<br>1<br>1<br>2<br>2 | 4 x 32 |
| 04:00      | Outro           | Torso Circle L and R   | 1    | 32                         | 4 x 8  |

# SUN SALUTATION:

My Way | 5:44

**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:** Warrior 1 is a closed hip standing posture, with the back foot angled at 45 degrees. Emphasise correct alignment and stability to prevent injury.

**COACHING TIP:** Remind participants to listen to their bodies and modify postures as needed to accommodate individual flexibility and comfort levels.

| Track Time | Lyrics           | Choreography   | Reps | Counts   | X 8    |
|------------|------------------|--|------|--|--------|
| 00:00      | Intro            | Mountain – Extended Mountain Pose set up   | 1    | 32   | 4 x 8  |
| 00:23      | I don't need     | <b>Sun Salutation L</b><br>Fold forward, like you're reaching for your toes, and <i>breathe out</i> .<br>Lift halfway, hands on your thighs, and take a big <i>breath in</i> .<br>Bend your right knee, lift your left arm, turn your chest to Halfway Twist and <i>breathe out</i> .<br>Bend both knees and put your hands to the floor and you <i>breathe in</i> .<br>Step your left leg back to Kneeling Lunge, feeling strong and grounded and <i>breathe out</i> .<br>Bring your right leg back too, like you're a Plank of wood, <i>breathing in</i> .<br>Lower down halfway, or pretend you're a cat stretching as you <i>breathe out</i> .<br>Lift your chest up gently, like a baby Cobra or a Cow, as you <i>breathe in</i> .<br>Push your hips up high, like a mountain in Downward Dog and <i>breathe out</i> .<br>Hold in Downward Dog and <i>breathe in</i> .<br>Step your left foot forward, finding your balance and <i>breathe out</i> .<br>Sink into a Lunge, lifting your arms O/H OR hands to thighs as you <i>breathe in</i> .<br>Open your arms wide by sides and <i>breathe out</i> .<br>Low Lunge and prepare to step forward as you <i>breathe in</i> .<br>Fold forward again, feeling your body relax as you <i>breathe out</i> .<br>Reach up tall, like a mountain reaching for the sky, as you <i>breathe in</i> .       | 1    | 8<br>8<br>8<br>8<br>8<br>8<br>8<br>8<br>8<br>8<br>8<br>8<br>8<br>8<br>8<br>8 | 16 x 8 |
| 01:42      | I've been on     | <b>Sun Salutation R</b>  | 1    |  | 16 x 8 |
| 02:54      | Time is taking   | <b>Sun Salutation L (REBELS OPTION: continue to coach round 1 and 2 options)</b><br>Fold forward, like you're reaching for your toes, and <i>breathe out</i> .<br>Lift halfway, hands on your shins, and take a big <i>breath in</i> .<br>Bend your right knee, lift your left arm, turn your chest to Halfway Twist and <i>breathe out</i> .<br>Bend both knees and put your hands to the floor and you <i>breathe in</i> .<br>Step your left leg back to Lunge, feeling strong and grounded and <i>breathe out</i> .<br>Bring your right leg back too, in to Plank, <i>breathing in</i> .<br>Tricep lower halfway, or pretend you're a cat stretching as you <i>breathe out</i> .<br>Lift your chest up to Cobra or Up Dog, as you <i>breathe in</i> .<br>Push your hips up high to Downward Dog and <i>breathe out</i> .<br>Three Legged Dog with square hips and <i>breathe in</i> .<br>Step your left foot forward, finding your balance in low Lunge and <i>breathe out</i> .<br>Warrior 1 lifting your arms O/H OR hands to thighs as you <i>breathe in</i> .<br>Warrior 1, open your arms wide by sides and <i>breathe out</i> .<br>Low Lunge and prepare to step forward as you <i>breathe in</i> .<br>Fold forward again, feeling your body relax as you <i>breathe out</i> .<br>Reach up tall, like a mountain as you <i>breathe in</i> . | 1    | 8<br>8<br>8<br>8<br>8<br>8<br>8<br>8<br>8<br>8<br>8<br>8<br>8<br>8<br>8<br>8 | 16 x 8 |
| 04:09      | If I find myself | <b>Sun Salutation R</b>  | 1    | (128)  | 16 x 8 |
| 05:25      | Outro            | <b>Baby Backbend to Forward Fold (Option: no Backbend)</b><br>Baby Backbend. <i>Breathe out</i> .<br>Arms open wide by sides, <i>Breathe in</i> .<br>Forward Fold. <i>Breathe out</i> .<br>Extended mountain. <i>Breathe in</i> .<br>Mountain Pose. <i>Breathe out</i> .   | 1    | 8<br>8<br>8<br>8   | 4 x 8  |

# STANDING STRONG: In The Balance | 6:12

**FOCUS:** Prioritise building strength, stability, and balance through standing postures, creating mindfulness and presence to enhance physical and mental well-being.

**TECHNIQUE TIP:** Emphasise correct alignment in all postures. Ensure you cue the back heel down in the Warriors and the knees are wide in Goddess Squat.

**COACHING TIP:** Encourage participants to brace their belly muscles throughout to support stability and prevent any strain on the lower back.

| Track Time | Lyrics        | Choreography   | Reps | Counts                | X 8   |
|------------|---------------|--|------|-----------------------|-------|
| 00:00      | Intro         | Wide Stance Balance with Arm Lift (REBELS OPTION: keep heels on the floor)   | 1    | 32                    | 4 x 8 |
| 00:39      | I found       | Goddess Squat Arm Circle L then R  | 1    | 32                    | 4 x 8 |
| 01:14      | Somewhere in  | Extended Lunge to Backbend L (REBELS OPTION: modify or skip the Backbend)<br>Turn to your left side in a long Lunge. Bend your left knee and keep your right leg straight. Lean your upper body over your left thigh. Stretch your left arm forward and your right arm back. <i>Breathe in and out.</i><br>Sweep your right arm down and forward to meet your left hand. <i>Breathe in and out.</i><br>Lift your upper body into a high Lunge with both arms overhead. <i>Breathe in and out.</i><br>Arch your back gently to a Baby Backbend. <i>Breathe in.</i><br>Lower into a wide Goddess Squat with your arms stretched out to the sides at shoulder height. <i>Breathe out.</i> | 1    | 8<br>8<br>8<br>4<br>4 | 4 x 8 |
| 01:49      | I find myself | Goddess Squat Arm Circle R then L  | 1    | 32                    | 4 x 8 |
| 02:25      | Somewhere     | Extended Lunge to Backbend R (REBELS OPTION: modify or skip the Backbend)  | 1    | 32                    | 4 x 8 |
| 03:00      | Piano         | Curtsy L   | 1    | 32                    | 4 x 8 |
| 03:34      | Somewhere     | Warrior 2 – Reverse Warrior L  | 1    | 32                    | 4 x 8 |
| 04:09      | instrumental  | Curtsy R   | 1    | 32                    | 4 x 8 |
| 04:45      | Somewhere     | Warrior 2 – Reverse Warrior R  | 1    | 32                    | 4 x 8 |
| 05:18      | Instrumental  | Goddess Squat Arm Circle L then R  | 1    | 32                    | 4 x 8 |
| 05:54      | Outro         | Wide Stance Balance with Arm Lift (REBELS OPTION: keep heels on the floor)   | 1    | 16                    | 2 x 8 |

# BALANCE:

One In A Million | 4:24

**FOCUS:** Improve stability, body awareness, and core strength with balancing poses. This helps you concentrate better and feel great physically and mentally.

**TECHNIQUE TIP:** In the Goddess Squat Balance with lifted heels, focus on balancing. It's okay to touch your heels down if you feel wobbly. This helps you enjoy and get better at the pose. Watch out for the Floating Half Moon Pose—it's a tough one!

**COACHING TIP:** Encourage everyone to enjoy the challenge of balancing poses. Focus on getting better, not on being perfect! Celebrate small wins along the way!

| Track Time | Lyrics       | Choreography  | Reps | Counts           | X 8   |
|------------|--------------|---|------|------------------|-------|
| 00:00      | Intro        | Wide Stance Set Up  | 1    | 16               | 2 x 8 |
| 00:18      | The ocean    | <b>Wide Stance to Goddess Squat Balance (REBELS OPTION: keep heels on the floor)</b><br>Cross your wrists and lift your arms above your head while rising onto your tiptoes. <i>Breathe in and out.</i><br>Bend your knees into a Goddess Squat, staying on your tiptoes or you can keep your heels on the ground. Open your arms out to the sides at shoulder height. <i>Breathe in and out.</i>   | 1    | 16<br>16         | 4 x 8 |
| 00:42      | Oh they      | <b>Goddess Squat Balance with Twist L and R (REBELS OPTION: keep heels on the floor)</b><br>Keep your arms wide and turn your chest to the left. <i>Breathe in and out.</i><br>Keep your arms wide and turn your chest to the right. <i>Breathe in and out.</i><br>Rainbow Arms: Lower your heels to the ground. Move your arms like a rainbow to the left, then to the right over your head. Open your arms with your left arm low and right arm over your head. <i>Breathe in.</i>  | 1    | 16<br>14<br>2    | 4 x 8 |
| 01:05      | I am         | <b>Floating Half Moon L (REBELS OPTION: keep toes touching down rather than lift leg)</b><br>Shift your weight to your left foot and bend your left knee. <i>Breathe out.</i><br>Lift your right leg. You can keep your right toes on the ground if you want. You can also place your left hand on the ground. <i>Breathe in.</i><br>Transition back to a wide stance with your arms by your sides. <i>Breathe out.</i>   | 1    | 16<br>12<br>4    | 4 x 8 |
| 01:28      | Piano - the  | Wide Stance to Goddess Squat Balance  | 1    | 32               | 4 x 8 |
| 01:53      | Anything     | Goddess Squat Balance with Twist R and L  | 1    | 32               | 4 x 8 |
| 02:17      | Piano - I am | Floating Half Moon R  | 1    | 32               | 4 x 8 |
| 02:42      | Piano - I am | <b>F Attitude R with Twist R (REBELS OPTION: keep toes on the ground)</b><br>Keep your left foot on the ground. Lift your right foot to the front with your knee and hip turned out to the side. <i>Breathe in.</i><br>Lift your right leg higher in the same position or keep your toes on the ground. Lift your arms out to the sides at shoulder height. <i>Breathe out.</i><br>Turn your chest to the right while keeping your arms wide. <i>Breathe in.</i><br>Turn your chest back to the centre, keeping your arms wide. <i>Breathe out.</i> | 1    | 8<br>8<br>8<br>8 | 4 x 8 |
| 03:06      | Piano - I am | <b>B Attitude L with Wrist Cross (REBELS OPTION: keep toes on the ground and/or skip the Backbend)</b><br>Move your right leg back and keep it in an Attitude position, with your toes hovering off the ground. If you want, you can touch your toes to the ground. <i>Breathe in and out.</i><br>Cross your wrists and lift them through the middle and overhead. <i>Breathe in.</i><br>Open your arms wide at shoulder height. You can add a baby Backbend if you want. <i>Breathe out.</i>   | 1    | 16<br>8<br>8     | 4 x 8 |
| 03:30      | Anything     | F Attitude L with Twist L   | 1    | 32               | 4 x 8 |
| 03:56      | Anything     | B Attitude L with Wrist Cross   | 1    | 32               | 4 x 8 |

**FOCUS:** Strengthen your abdominal muscles, obliques, and back muscles to improve stability and control. This helps promote better posture and movement.

**TECHNIQUE TIP:** for the Wide V Walk Out, walk your hands out to the corners making a wide V shape. The further and wider you go, the more your core muscles work. Try to keep your body from rocking side to side as you move your hands.

**Note:** option to coach kneeling plank with a touch out rather than a walk out. Alternatively, you can also choose to alternate between a kneeling plank and child's pose. Use your discretion and coach to the group in front of you.

**COACHING TIP:** encourage everyone to pick a level that works for them, especially since growth spurts can affect some participants' joints.

| Track Time | Lyrics          | Choreography  | Reps | Counts           | X 8   |
|------------|-----------------|---|------|------------------|-------|
| 00:00      | Intro           | Set Up  | 1    | 32               | 4 x 8 |
| 00:21      | My friends keep | Kneeling or High Plank to Down Dog or Extended Child's Pose (REBELS OPTION: Kneeling Plank)<br>Move your chest forward into a Kneeling or High Plank. <i>Breathe in.</i><br>Move your chest back into Down Dog or Extended Child's Pose. <i>Breathe out.</i>  | 1    | 16<br>16         | 4 x 8 |
| 00:40      | These rules     | Side Climber to Down Dog or Extended Child's Pose L then R (REBELS OPTION: Kneeling Plank)<br>Move your chest forward into a Kneeling or High Plank. <i>Breathe in.</i><br>Bring your left knee to the side, outside your left arm, in Side Climber. <i>Breathe out.</i><br>Bring your left leg back to Kneeling or High Plank. <i>Breathe in.</i><br>Move your chest back into Down Dog or Extended Child's Pose. <i>Breathe out.</i>                                | 2    | 8<br>8<br>8<br>8 | 8 x 8 |
| 01:10      | Made my         | Kneeling or High Plank to Down Dog or Extended Child's Pose   | 1    | 32               | 4 x 8 |
| 01:27      | These rules     | Side Climber to Down Dog or Extended Child's Pose L then R  | 2    | 16               | 8 x 8 |
| 01:59      | On my way       | Quick Side Climber to Down Dog or Extended Child's Pose L then R (REBELS OPTION: Kneeling Plank and/or stay at slow pace)<br>Move your chest forward into a Kneeling or High Plank. <i>Breathe in.</i><br>Bring your left knee to the side, outside your left arm, in Side Climber. <i>Breathe out.</i><br>Bring your left leg back to Kneeling or High Plank. <i>Breathe in.</i><br>Move your chest back into Down Dog or Extended Child's Pose. <i>Breathe out.</i> | 2    | 4<br>4<br>4<br>4 | 4 x 8 |
| 02:15      | These rules     | Set up Wide V Walk Out Plank (REBELS OPTION: Kneeling Plank)<br>Get on your knees, spread them out wide, or keep your hips in a Plank or Kneeling Plank position. <i>Breathe in and out.</i><br>Place your hands under your shoulders. <i>Breathe in and out.</i>   | 1    | 16<br>16         | 4 x 8 |
| 02:31      | I found myself  | Wide V Walk Out Plank (REBELS OPTION: alternate between Kneeling Plank and Child's Pose)<br>Get into a Plank position on your knees or toes. Walk or touch your hands fwd and wider four times, alternating between left and right. (Option: hold Kneeling Plank). <i>Breathe in and out.</i><br>Walk or touch your hands backward and narrower four times, alternating between left and right. (Option: take Child's Pose). <i>Breathe in and out.</i>               | 1    | 16<br>16         | 32    |
| 02:48      | On my way       | Quick Wide V Walk Out Plank (REBELS OPTION: as above, slightly quicker pace)<br>Get into a Plank position on your knees or toes. Walk or touch your hands fwd and wider four times, alternating between left and right. (Option: hold Kneeling Plank). <i>Breathe in and out.</i><br>Walk or touch your hands backward and narrower four times, alternating between left and right. (Option: take Child's Pose). <i>Breathe in and out.</i>                           | 4    | 8<br>8           | 64    |

# STRETCH:

Hope, Joy | 6:05

**FOCUS:** Relax and stretch by moving from standing to sitting to lying down.

**TECHNIQUE TIP:** the Modified Half Lotus can feel strong, especially when growing. Encourage the knees to relax down gently, without any pain.

**COACHING TIP:** script and plan out what you'll say to help everyone with their movements. Remember that some participants might feel different sensations because of growth spurts.

| Track Time | Lyrics             | Choreography  | Reps | Counts       | X 8   |
|------------|--------------------|---|------|--------------|-------|
| 00:00      | Intro              | <b>Baby Backbend (REBELS OPTION: skip the Backbend)</b><br>Stand with feet wide apart, hands on hips. <i>Breathe in.</i><br>Gently arch your back and <i>breathe out.</i><br>Extend arms forward and overhead, palms together, <i>breathe in/breathe out.</i>   | 1    | 8<br>8<br>16 | 4 x 8 |
| 00:32      | There's a me       | <b>Torso Circle L and R</b>   | 1    | 32           | 4 x 8 |
| 01:00      | Hope, Joy          | <b>Yogi Squat (REBELS OPTION: lift heels)</b><br>Knees bend, hands to heart, hips lower. <i>Breathe in/Breathe out.</i>   | 1    | 32           | 4 x 8 |
| 01:27      | Hope, joy          | <b>Yogi Squat Twist (REBELS OPTION: lift heels)</b><br>Squat down and place your left hand on the floor or your left elbow on your left thigh.<br>Reach your right arm to the right diagonal and turn your chest to the right. <i>Breathe in and breathe out.</i><br>Place your right hand on the floor or your right elbow on your right thigh. Reach your left arm to the left diagonal and turn your chest to the left. <i>Breathe in and breathe out.</i> | 1    | 16<br>16     | 4 x 8 |
| 01:54      | There's some words | <b>Modified Half Lotus or Cow Face L (REBELS OPTION: choose any easy seated position)</b><br>Sit down with your hips on the ground. Cross your legs with your left leg in front or on top for Modified Half Lotus or Cow Face Pose. <i>Breathe in and breathe out.</i>  | 1    | 32           | 4 x 8 |
| 02:23      | So when the        | <b>Modified Half Lotus or Cow Face L with Side Bend</b>   | 1    | 32           | 4 x 8 |
| 02:47      | Hope, joy          | <b>Modified Half Lotus or Cow Face R</b>  | 1    | 32           | 4 x 8 |
| 03:17      | Hope, joy          | <b>Modified Half Lotus or Cow Face R with Side Bend</b>   | 1    | 32           | 4 x 8 |
| 03:44      |                    | <b>Half Forward Fold L</b>  | 1    | 64           | 8 x 8 |
| 04:40      | Hope, joy          | <b>Half Forward Fold R</b>  | 1    | 64           | 8 x 8 |
| 05:34      | Outro              | <b>Lie Down on Back</b>   | 1    | 32           | 4 x 8 |

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# SOUND MEDITATION

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Get comfy on your mat. You can lie on your side, or on your back, maybe with your knees bent if it feels more comfortable, or you can sit up tall.

Choose what feels best for you.

Relax your face and let go of any tightness in your jaw. Feel your ribcage rise and fall as you breathe. Let your legs gently roll outward and release any tension in your hips. Let your body soften from your shoulders down to your fingers and from your thighs to your toes.

Breathe in slowly and then breathe out slowly, counting down 4, 3, 2, 1.

Repeat, inhaling calmness and exhaling slowly, 4, 3, 2, 1.

Allow yourself to relax even more.

Think about any tight or tense areas in your body. Direct your breath to those spots.

Breathe in lightness and breathe out, letting the tension fade away.

Move through your body, finding and relaxing tight areas.

Listen to the music and feel its vibrations. Keep scanning your body for stress and give yourself permission to let it all go.

Serenity means finding peace inside, even if things around you are busy.

Slowly start to bring your awareness back to the room. Feel your body on the mat beneath you. Notice life and energy coming back to your fingers and toes.

Wiggle them and take a deep breath in.

Maybe take a deep stretch above your head. When you're ready, roll onto your left side with your eyes still closed. Then, sit up tall.

Take a deep breath in, reaching your arms wide and up to prayer, then exhale, bringing your hands to your chest. Repeat, taking a deep breath in, hands to prayer, and exhale to your chest. With a small bow of your head, gently blink your eyes open. Notice how light you feel. Take one more deep breath in, reaching up to prayer, and exhale to your chest.

With a bow of the head, I thank you for sharing this time with me.