

10



SPIRIT

MIND • STRENGTH • BODY

FORMATS



SPIRIT 45 Minute Class

- Warm up
- Sun Salutations
- Standing Strong
- Balance
- Flow
- Posterior
- Core
- Stretch
- Sound Meditation

SPIRIT Align 45 Minute Class

- Warm up
- Sun Salutations
- Standing Strong
- Balance
- Core or Posterior
- Hips
- Spirals
- Stretch
- Sound Meditation

SPIRIT 30 Minute Class

- Warm up
- Sun Salutations
- Standing Strong
- Posterior
- Core
- Stretch

SPIRIT Align 30 Minute Class

- Warm up
- Sun Salutations
- Balance
- Hips
- Spirals
- Stretch



SPIRIT
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- PATIENCE -

Release 10 teaches us to go slow helping us build inner confidence, strength and power. By trusting in the unfolding of the release's journey we cultivate a profound sense of patience with ourselves and our bodies.

Expect to build strength and stamina through expressive movement sequencing that asks us to be diligent in the transitions and encourages us to find new ways to express our body via peak poses that open our hearts, strengthen our cores and lengthen our hamstrings.

This isn't about holding a pose but living in it, breathing in it and finding new ways to move through it with patience, trust and fortitude.

"The two most powerful warriors are patience and time" Leo Tolstoy

"Infinite patience brings immediate results" Dr Wayne Dyer

Release 10 is filmed with a horizontal mat set up but remember that you are welcome to choose the most suitable mat orientation for you and your members.

We encourage you to keep this release fresh by exploring the different formats of this release.



PLAYLIST RELEASE 10

TRACK 01 - WARM UP	Paradise	4:00
TRACK 02 - SUN SALUTATIONS	New Day	6:49
TRACK 03 - STANDING STRONG	Stronger	6:04
TRACK 04 - BALANCE	Thank You	4:48
TRACK 05 - FLOW	Reach The Sky	6:01
TRACK 06 - POSTERIOR	By Your Side	3:36
TRACK 07 - CORE	Perfection	3:47
TRACK 08 - HIPS	Hands On Me	4:36
TRACK 09 - SPIRALS	Reaching Out	4:11
TRACK 10 - STRETCH	Journey Home / Take Care	4:34
TRACK 11 - SOUND MEDITATION	Awakening/Sleep Easy	5:00

TRACK 01

Focus: To welcome my class, mobilise their spines, uplift their energy and release tension via the out breath

Choreography: In the Warm the choreography is designed to bring in energy to the body, wake up the mind with the combinations, whilst we bring a stability to the lower body we give ourselves the opportunity to bring mobility to the spine through flexion, extension, lateral flexion and rotation.

In the chorus there is an additional forwards stepping lunge that can be added to the "Side lunge to Chair Arm Sweep and Pull/Throw" combo. This add on doesn't have to happen in the first few weeks of teaching to your class. You choose when you want to bring this move into the release and when you do make sure participants know that they can stick with the chair option if they prefer.

Technique: In order to get the beautiful feeling of stretch and mobility in the mid and upper spine when flexing, extending, rotating and side bending, it's really important we keep our lower body and core muscles engaging to support us. For example in the "Spinal mobility combo" be sure to squeeze the gluts and thighs whilst lifting the belly. In the side lunge arm spiral send hips back and level in the lunge whilst allowing the rotation to happen from the mid and upper back.

Coaching: Be sure to coach clear Body Part and Direction Layer 1 cues in this track to make class feel safe and secure in your hands right from the get go. Particularly focus on which leg the participants will be leading with in the "Side lunge to Forward Lunge Arm Sweep and Pull" combination. When we step out with their Right leg in the side lunge arm spiral we need to then let them know to use their Right Leg again for the forwards lunge. It will be tempting for the class to transfer their weight to the opposite leg. So keep reiterating it's "Right leg to side" and "Right leg forwards" or "same leg".

Connection: This track is really great for connecting with the class as the body stays facing forwards. Use lots of eye contact and focus on welcoming your class to Spirit and the holistic patience driven journey ahead.

Performance: The out breath on the lat pull/throw can be audible. This is a fabulous chance to connect with our class and give them permission to let go of any, tension, frustration via the exhale and the throw down of their arms. Share in this joy with them and be a great example of how to really go for it in this move.

STAR MOVE - SPINAL CIRCLES

Benefit: We do two lots of mid and upper back spinal circles in this track and it feels so good! The reason it feels so good is because it's a three dimensional movement pattern moving through all planes, giving the upper and mid back a beautiful stretch.

To feel the most benefit try to keep your arms squeezed by your ears the entire time, especially when tipping forwards. The alignment of your arms will stay in alignment with your spine and that way you will feel a deeper stretch through the back as there is a bigger load along your spine.



TRACK 01 - WARM UP

Part	Time	Lyrics	Bloc	Exercises	Cts	Reps	Notes
1	00:00	Intro	2 x 8	Feet under hips centre of mat Inhale/Exhale	16	1 x	
	00:16	synth	1 x 8	Hands clasp index finger points, lift over head Inhale	8	1 x	
	00:20	Clicks/claps	4 x 8	Upper and mid Spinal circles L to R then R to L Exhale/ Inhale x2	32	1 x	
2	00:40	Paradise	8 x 8	Spinal mobility combo Flexion arms hug/cross in front of chest Exhale Extension arms unfold over head then back by sides Inhale Chair arms sweep forward to overhead Exhale Standing lat pull Inhale Repeat	32	2 x	
	01:21	Ohhh	4 x 8	Side lunge to Chair Arm Sweep and Pull/Throw L leg lunges to L side. Arms spiral round waist Inhale/Exhale Chair pose arm sweep F to O/H to standing lat pull/throw down fast Inhale/Exhale Repeat R side	16	2 x	
	01:41	Ohhh	4 x 8	Side lunge to Forward Lunge Arm Sweep and Pull/Throw L leg lunges to L side. Arms spiral round waist Inhale/Exhale L leg lunge F arm sweep F to O/H to standing lat pull fast Inhale/ Exhale Repeat R side	16	2 x	
	02:01	eeeeee, (music clicks/claps)	6 x 8	Goddess Squat Spinal Circles Step out into goddess squat. Exhale Hands clasp index finger points, lift over head Inhale Upper and mid Spinal circles L to R then R to L Exhale / Inhale x2	48	1 x	
3	02:34	Paradise	8 x 8	Spinal mobility combo	32	2 x	
	03:15	Ohhh	4 x 8	Side lunge to Chair Arm Sweep and Pull/Throw	16	2 x	
	03:35	Ohhh	4 x 8	Side lunge to Forward Lunge Arm Sweep and Pull/Throw	16	2 x	



TRACK 02

A wide, flat, snow-covered landscape under a clear blue sky. The foreground shows tracks in the snow, and the horizon is distant with some trees visible on the left.

Focus: To give my class clear layer 1 body part and direction cues and to help them know all the options available to them

Choreography: This sun salutation is choreographed to ensure the hips are really open and the core is really activated for the deep leg strength sequences and challenging balance poses ahead. We have four rounds of the music, the first two rounds of choreography remain the same with the foundational poses, in which the majority of the poses have 16 counts each to explore. Then the second two rounds we have the option to develop the poses in range and intensity. Always remember that you have autonomy over when you choose to teach the higher intensity options.

A good thing to note is that all poses have 16 counts except for the Tricep push up combo – comprising of a Tricep lower, Push up, Tricep Lower into Baby cobra or Up Dog combo, each pose in this sequence only has 8 counts each.

This sequence is designed for a horizontal mat orientation but if you are more comfortable and confident with a vertical mat orientation or the studio you are teaching in lends itself to a vertical mat then please make sure to always face the front in the sequence. You can take the side lunge to the back of the mat but then ensure you transfer weight to the front of the mat again and take your plank and side planks with your head closest to your class and your classes heads also closest to you so you are mirroring.

Technique: Side lunge – The side lunge acts as a great adductor stretch and mobiliser whilst also enabling us to change direction to the other side of our mats (when teaching horizontally) so you never face away from your class.

Ensure that both feet turn slightly outwards in the side lunge, particularly the foot of the bending knee. Note that some participants may struggle in range with this one, their hips might be high in the air and/or their heel on the supporting foot may not touch the ground and that is totally ok, so long as they're glutes are engaging, the bending knee is tracking the middle of the foot and they have their hands to support them if needed either on the floor or above the bending knee.

Coaching: Layer 2 Breath is slightly different to what you may be used to in a sun salutation as we are starting on an exhale. Every move bar the Tricep push up section (see choreography section) has 16 counts which is ample time for a full cycle of breath out and in. To make the Tricep Push Up combo work well with the breath we start on an exhale and then inhale. This is a wonderful chance to explore how the inhale can enhance your pose, activating strength from the core and creating more length and space in your body expressing the pose.

Connection: Connect with participants by sharing how the sequence makes you feel, for example if the sequence makes you feel open and free in your hips, or strong and warm in your shoulders share it with them, this will help the participants connect to their own bodies asking themselves “how does this make me feel” and those that resonate with what you're feeling will feel reassured that the sensations or challenges they are finding are normal.

Performance: The music has a really clear message “It’s a new day, yeah, so shine bright”, it’s about celebrating fresh starts, renewal and being the best, most shiniest version of yourself in that realisation. So contemplate what this feels like for you, how would you move if you always reminded yourself that every moment is a new opportunity to shine bright? What would you feel? What would you say? Try and embody that as you're teaching to give a great and synergistic performance.

STAR MOVE – SIDE PLANK

Benefit: The Side Plank is an incredible core strengthener for us (particularly for our obliques), not only that but it builds arm and shoulder strength too, plus it challenges our balance. Make sure that your shoulder is always stacked directly above your wrist, your hips, bottom knee and top foot or both feet in the high plank are aligned in one straight line and that you're aiming to stack top hip on top of bottom hip and top shoulder on top of bottom shoulder. Focus on creating a banana shape with the underside of the body. In this variation of the side plank we reach our top arm over our head in alignment with our ear.



TRACK 02 - SUN SALUTATIONS

Part	Time	Lyrics	Bloc	Exercises	Cts	Reps	Notes
1	00:00	intro	4 x 8	Mountain Pose top of mat (R side if mat is horizontal)	32	1 x	
	00:20	guitar	24 x 8	Sun salutation Low L side Extended mountain arms reach forwards at up , index finger points. Exhale/Inhale Forward fold , arms wide by sides then to ground. Exhale/Inhale Low yoga lunge L leg back. Exhale/Inhale Low side lunge bending L knee. Exhale/Inhale Low Yoga lunge L knee bends R leg back. Exhale. Plank on knees. Inhale. Side plank bottom knee bends L side R arm O/H by ear. Exhale/Inhale Low Plank. Exhale/Inhale Tricep lower halfway, on knees. Exhale Tricep push up, on knees. Inhale Tricep lower halfway, on knees. Exhale Baby cobra. Inhale Downdog. Exhale/Inhale Low yoga lunge L foot F. Exhale/Inhale Forward fold. Exhale/Inhale	16 16 16 16 16 16 16 8 8 8 8 16 16 16	1 x	
	01:53	It's a new day	24 x 8	Sun salutation Low R side	192	1 x	
2	03:26	strong beat	24 x 8	Sun salutation High L side Extended mountain arms reach forwards at up, index finger points. Exhale. Backbend Inhale Forward fold, arms wide by sides then to ground. Exhale/Inhale Low yoga lunge L leg back. Exhale. High lunge index finger points arms O/H. Inhale (option keep hands to floor) Side lunge bending L knee. Exhale. Finger points Forwards. Inhale. (option hands stay to the floor) Low Yoga lunge L knee bends R leg back. Exhale. High Plank. Inhale. (option low plank) High Side Plank. L side R arm O/H by ear. Exhale/Inhale (option low side plank) High Plank. Exhale/Inhale (option low plank on knees) Tricep lower halfway, on toes. Exhale (option on knees) Tricep push up, on toes. Inhale. (option on knees) Tricep lower half way, on toes. Exhale. (option on knees) Up Dog. Inhale. (option baby cobra) Downdog. Exhale/Inhale. Low yoga lunge L foot F. Exhale/Inhale. Forward fold. Exhale/Inhale	16 16 16 16 16 16 16 8 8 8 8 16 16 16	1 x	



TRACK 02 - SUN SALUTATIONS

Part	Time	Lyrics	Bloc	Exercises	Cts	Reps	Notes
2	04:59	Dayayayay	24 x 8	Sun salutation High R side	192	1 x	
	06:32	Piano	4 x 8	Extended mountain - backbend -Hands clasp -behind back backbends	32	1 x	



TRACK 03

A wide, flat, snow-covered landscape under a clear blue sky. The foreground shows tracks in the snow, and the horizon is distant with some trees visible on the left.

Focus: To demonstrate deep enduring strength within the poses and explain through coaching how moving slowly and deeply brings a strength and a sense of empowerment

Choreography: Wow this track is a STRONG one! The lyrics to this song are one big affirmation to making us feel we are at the top of our game, stronger, unbreakable and resilient. So, with that in mind, the choreography had to bring about a burn and demand strength, control and patience!

To feel the full benefit of this track we encourage you to move slowly, try not to rush the arm line transitions, make every moment count with movement and breath and be brave and go deep into the leg postures as much as is available to you and your class.

From the Warrior 2 sequence to the Extended Lunge - Warrior 3 Sequence be mindful of setting up the Lunge stance so everyone is clear on direction and also supported with a wide enough base to balance. Take 4 to 8 counts to set this up. We're moving from an open hip posture to a closed hip posture, as you turn set up the feet hip width space apart first, level the hips and transfer torso weight forwards with control.

To really get the feeling of strength and burn in the legs try to stay low in your legs shifting side to side rather than up and down during the "Side Lunge Arm Spiral Sequence".

Technique: Reverse Warrior - There's a two way push feeling in this releases Reverse Warrior as we extend through both wrists try and transition into it with a sensation of pushing away in opposite directions through the hands. This feeling of pushing away will allow you and your participants to find more side flexion and work deeper into the core muscles to support.

Coaching: Because we want to take our time in the poses and fill the music up with our movement it means that we have to be on point and ready to cue the next arm line. Even though we're moving slow there's no waiting around when you're filling the music with your movement. So make sure you script your Layer 1 cues, choosing the most succinct efficient way of cueing a pose so that you are prepared and it is easy for your class to move seamlessly from one move to the next.

Connection: Support you participants with their technique by using the Advise, Assist, Approve tool. If you notice someone's alignment needs help, Advise them how they could adjust the body, Assist them on how to improve/make it safe with verbal and visual coaching - Approve with praise on working to improve their position. In Standing Strong tracks pay particular attention to your participants foot, knee and hip alignment, if we get the foundation/base of the movement correct everything up top should be more successful and safe.

Performance: Let the music lyrics and feel inspire your performance, there's so much empowerment you can take from this song, let the words live in your body and express outwards to your class, through your body and vocal tone. Really contemplate how it feels to be "at the top of" your "game", maybe it makes you feel invincible, or so healthy, or vibrant and vital.

STAR MOVE - Extended Chair Lat Pull

Benefit: This move is fantastic for leg and glute strength, awareness of posture and actively / mindfully engaging our Latissimus Dorsi muscles by creating our own resistance when pulling down by squeezing our side and back in and down.

You've seen this sequence before in the Warm, however this time we don't straighten our legs at the top of the arm reach, instead we stay in a bended knee position trying to stack our shoulders directly over our hips for more of an Ashtanga Vinyasa inspired chair pose.

Our class can choose to have feet and knees touching or feet hip width and knees tracking forwards the midline of the foot.

You'll also see this Lat Pull arm line in the Lunge and Warrior 3 poses.



TRACK 03 - STANDING STRONG

Part	Time	Lyrics	Bloc	Exercises	Cts	Reps	Notes
1	00:00	(intro)	2 x 8	Mountain Pose top of mat facing front (R side if mat is horizontal)	16	1 x	
	00:15	Game	8 x 8	Extended Chair Pose with Arm Reach and Lat Pull sequence (R side of mat) Chair arms sweep forward to overhead Inhale/Exhale Chair with lat pull arms Inhale/Exhale Repeat (second time only 6 counts for lat pull, final 2 counts used to set up Warrior 2 L side)	32	2 x	
	00:51	Whoa oh	8 x 8	Warrior 2 sequence L side Warrior 2 arms horizontal Inhale/Exhale Warrior 2 chi guard L arm O/H Inhale/Exhale Reverse Warrior Inhale/Exhale Warrior 2 chi guard R arm O/H Inhale/Exhale Extended side angle Inhale/Exhale (option forearm to thigh)	8 8 16 16 16	1 x	
	01:27	Through, cuz I'm unbreakable	8 x 8	Extended Lunge - Warrior 3 Sequence L side High lunge L Leg Inhale Arms sweep F - O/H Exhale Lat pull Inhale/Exhale Warrior 3 R leg lifts up, arms sweep F - O/H Inhale/Exhale Lat pull Inhale/Exhale	8 8 16 16 16	1 x	
	02:04	(strong beat) Huh	4 x 8	Side lunge chi guard sequence Side lunge R, R knee bends L arm O/H in chi guard Inhale/Exhale Side lunge L, L knee bends R arm O/H in chi guard Inhale/Exhale Side lunge R, R knee bends L arm O/H in chi guard Inhale/Exhale Step to L side of mat Mountain pose Inhale/Exhale	8 8 8 8	1 x	
2	02:22	Game	8 x 8	Extended Chair Pose with Arm Reach and Lat Pull sequence (L side of mat)	32	2 x	
	02:59	Whoa oh	8 x 8	Warrior 2 sequence R side	64	1 x	
	03:35	Through, cuz I'm unbreakable	8 x 8	Extended Lunge - Warrior 3 Sequence R side	64	1 x	
	04:12	(strong beat with symbols crashing)	8 x 8	Side lunge arm spiral sequence R and L fast Side lunge L, L knee bends arms spiral to wrap round waist Inhale/Exhale Side lunge R, R knee bends arms spiral to wrap round waist Inhale/Exhale Last 4 counts set up Warrior 2 L side Inhale/Exhale	64 4 4	8 x	



TRACK 03 - STANDING STRONG

Part	Time	Lyrics	Bloc	Exercises	Cts	Reps	Notes
3	04:48	Whoa oh	8 x 8	Warrior 2 sequence L side	64	1 x	
	05:25	(strong beat)	8 x 8	Warrior 2 sequence R side	64	1 x	



TRACK 04

Focus: To bring an attitude of gratitude for what our bodies can do via my coaching in this challenging balance track

Choreography: Be prepared for the long pause between Left side sequence and right side balance sequence and use it to recalibrate.

Technique: The transition from Dancers Pose which is a backbend to Warrior 3 which needs a long neutral spine can be demanding on your core muscles and if not executed correctly could put a lot of strain on the lower back. There are a couple of things to be mindful of to help you and your class in this.

Aim to keep your hips level and parallel in your dancers, warrior 3 and standing splits poses. By starting off with square/parallel hips in the Dancers Pose we keep the lower back in a safe/ level position and it aids a smooth and safe transition to Warrior 3 which needs parallel hips too. The second thing is to actively pull in through the mid section as you come into Warrior 3 in order to feel ultimately supported.

Coaching: The music in this song is graceful, slow and elegant and the moves are slow but challenging. Aim to give your class a feeling of this pace and of also being held and supported in the experience of Balance by carefully scripting your Layer 3 cues to sit in line with the theme of the music. For example the lyrics say "Thank you" and "just at the right time" an idea you could explore via your layer 3 cues could be acceptance, patience and gratitude.

Connection: This track is hard to keep eye contact with your class so try to connect with them via the warmth of your voice and understanding / compassion in your words. Encourage individuals who you see really trying but perhaps struggling in a particular moment.

Performance: In this track let the language you use and the tone of your voice convey how you resonate with the emotion/meaning of the song, this will bring a meaningful performance to your class.

STAR MOVE - TIPPING SIDE LEG EXTENSION

Benefit: Wow this brand new take on a divers pose is a tricky one but soooo worth it! We have so much to think about at once that our bodies are having the biggest strength workout and we might not even realise. With the leg out to the side we have to navigate external rotation in the hip with a tip forwards from the pelvis lengthening the posterior chain of the supporting leg. Our posture will be working over time to keep the long line on our spine all the while our core muscles and glutes are doing a huge job of keeping us stable.

What's not to love in this challenge?

We know that this is an advanced move so we want you and your class to know that the knee can stay bent the entire time, the range doesn't have to be super low and you don't have to let go from holding onto the leg if it's unattainable, what's most important is we give it a go and move through it with gratitude for how hard we are trying.



TRACK 04 - BALANCE

Part	Time	Lyrics	Bloc	Exercises	Cts	Reps	Notes
1	00:00	Piano Intro	4 x 8	Mountain pose centre of mat	32cts	1 x	
	00:25	I, I might	8 x 8	Slow spinal mobility combo with divers Flexion arms hug/cross In front of chest Inhale/Exhale Extension arms unfold back by sides Inhale/Exhale Hands to heart mountain pose Inhale Mountain pose heel lift Exhale Divers Pose Inhale/Exhale	16 16 8 8 16	1 x	
	01:07	Cuz I, thank you	16 x 8	Single Leg Balance combination L side R Arm lifts Inhale L leg into quad stretch Exhale Dancers pose Inhale/Exhale L Leg extends w3 Inhale L Arm extends F Exhale Optional standing split hands to floor Inhale/Exhale L Knee to chest, both hands behind thigh optional leg extension Inhale/Exhale L leg to side R arm to side Inhale Tipping Side leg Extension Pose. Tip forwards from hips torso parallel with floor. Exhale Option L arms opens wide to side creating a T shape with body Inhale/Exhale	8 8 16 8 8 16 32 8 8 16	1 x	
2	02:28	silence	1 1/2 x 8	Mountain pose heel lift arms hands to heart Inhale/Exhale	12	1 x	
	02:36	Cuz I, thank you	16 x 8	Single Leg Balance combination R side	128	1 x	
	03:57	Piano	8 x 8	Slow spinal mobility combo with divers	64	1 x	



TRACK 05

Focus: To encourage my class to flow with effort, energy and breath and live in the poses.

Choreography: From your feedback we have added in a new development to the choreography in the form of a side plank challenge, this will keep the flow interesting and exciting whilst also maintaining continuity and familiarity from the sequences learnt in the previous track. We only repeat the flow twice. Unlike Standing Strong we only do one Lat Pull in the Extended Lunge. We flow into Warrior 3 but then hold or go straight down into Standing Split.

Technique: You've had lots of time in the class so far, warming, opening, strengthening and setting your technique right, so flow is the best time to work your body through a deeper range of motion. A good tool to check in with how your technique and range of movement is doing is to film yourself when practicing the choreography and then watch it back to see if there's anything you feel could be improved upon. Then practice your improvements in a mirror to help your body become familiar with the technique changes that you desire to make.

Coaching: The focus of this track is for the class to experience feeling of living or life in the poses. One of the best ways you can create a feeling of movement / life even in static poses is to breathe deeply. Script your breath cues, this will really help the class "live" more in the poses and transitions so that feels like a continuous flow of energy and effort.

Connection: Flow is always a great opportunity to celebrate how far along the classes journey you have all come. Use lots of praise and supportive language where you can and mark the moments for eye contact, for example if you're using a horizontal mat alignment Warrior 2 and side plank are great moments for this, if you're using a vertical mat alignment then the extended lunge, and knee to chest pose would be good moments.

Performance: This Flow is so impactful, to make the performance really land script in some silence for the music to come through, for the meaning of your coaching to land and for the experience of the flow be powerful.

STAR MOVE - SIDE PLANK TOE TO KNEE

Benefit: Side plank just got jazzier! An opportunity to peak with bringing the toe to the knee in low or high plank is our challenge in this track. By bringing the toe to the knee brings a whole new level of balance, stability and core strength whilst demanding more strength from our supporting arm and shoulder. Be mindful of this and know that you do not have to teach this straight away if it's not suitable for your class, take your time over the weeks building up to it.



TRACK 05 - FLOW

Part	Time	Lyrics	Bloc	Exercises	Cts	Reps	Notes
1	00:00	Synth	4 x 8	Mountain pose Hands on heart Inhale /Exhale Heel lift Arms reach to sky Inhale /Exhale	16 16	1 x	
	00:23	clicks	36 x 8	Flow L side Warrior 2 L knee bends arms horizontal Inhale /Exhale Warrior 2 chi guard L arm o/h Inhale Reverse Warrior Exhale/ Inhale /Exhale Warrior 2 chi guard R arm o/h Inhale Extended side angle Exhale Inhale /Exhale High lunge L Leg Arms sweep F - O/H Inhale /Exhale Lat pull Inhale /Exhale Warrior 3 R leg lifts up, arms sweep F - O/H Inhale /Exhale Optional standing split Inhale /Exhale L Knee to chest, both hands behind thigh optional leg extension Inhale /Exhale L leg to side R arm to side Inhale Tip forwards Exhale L arms opens wide to side Inhale L B leg to low lunge Exhale Left side plank R arm over head knees or toes Inhale /Exhale R Toe to knee Optional Inhale /Exhale Plank - Down dog Inhale /Exhale L leg 3 leg dog Inhale /Exhale L leg f to low yoga lunge High lunge arms over head hands clasped Inhale /Exhale Side lunge R knee bends arms F Inhale /Exhale	16 8 24 8 24 16 16 16 16 16 16 8 8 8 8 16 16 16 16 8 8 8 16	1 x	
2	03:01	Clicks	36 x 8	Flow R side	288	1 x	
3	05:39	violin	4 x 8	Spinal mobility combo Flexion arms cross In front of chest Extension arms unfold back by sides Chair arms sweep forward to overhead Heels lift extended mountain pose arms reach to sky	8 8 8 8	1 x	



TRACK 06

A wide, flat, snow-covered landscape under a clear blue sky. The foreground shows tracks in the snow, and the horizon is distant with some trees visible on the left.

Focus: To set up two different options at the beginning of the track safely, clearly and with context.

Choreography: For the first section of this track we have two posterior strengthening moves for you to choose from or for your class to choose from depending on what you feel is best for you class. The two options are either a reverse plank using the arms or a glute bridge taking out the arms. We decided to give the choice as the choreography up until this point has included a lot of work through the wrists and shoulders. We hope you find this beneficial and inclusive.

Be aware of the super quick transition from a side hover to a side plank. Make sure you are pre cueing in good time to give everyone the best chance to get into the plank in swift time.

Technique: Reverse plank – aim to have hands behind hips with fingers pointing out to the sides. Knees bent, feet hip width. Lift hips up high and lift chest up high too so the upper back and shoulders are working and there's no dipping or sinking into the shoulder girdle. Press firmly into hands and feet and squeeze the shoulder blades and glutes into the mid line of the body.

Coaching: This track demands a lot of pre cueing! Especially when it comes to the side hover to side plank transition in to Hamstring curls, its very quick. You may find it beneficial to script your layer 1 cues exactly, if you do focus on making what you say as succinct and concise as possible said in a timely manor. When it comes to your Layer 3 think about some describing words around the feeling in the back of the leg and the hip muscles as to help the class know what the experience should feel like.

Connection: This track is a brilliant opportunity to use lots of eye contact and participants names as it's fun, upbeat and challenging and were in the perfect position to see it all happening in front of us during the Side Hover and Plank sequences!

Performance: This Posterior track is a great time to explore a stronger more motivating vocal tone to energise everyone and also command the class into setting up poses quickly. Practice using a more driving voice by breathing deeper and projecting and sharing how the track makes you feel through the way you say something.

STAR MOVE – WILD THING

Benefit: Wild Thing is our peak heart opening pose of the class. We have built up to this moment, the body is safe and ready to take on this backbend if you and your class desire it. but know that it is only an option and sticking with a side plank variation is absolutely ok. It is to be avoided if you have rotator cuff, back injuries or carpal tunnel problems.

The benefits of this pose are – strengthens the arms and back, opens up the throat, chest, hips and quads and gives a sense of freedom and energy!



TRACK 06 - POSTERIOR

Part	Time	Lyrics	Bloc	Exercises	Cts	Reps	Notes
1	00:00	Intro	6 x 8	Set up glute bridge or reverse plank options Bridge Inhale /Exhale Reverse Plank Inhale /Exhale	32 16	1 x	
	00:29	I don't fear pain anymore	4 x 8	Hip lower and lifts in Reverse Plank or Bridge Slow hip lower Exhale Slow hip lift Inhale Slow hip lower Exhale Slow hip lift Inhale	8 8 8 8	1 x	
	00:48	I will be right by your side	4 x 8	Alternating single leg toe taps in reverse plank or glute bridge L Leg extends or lifts then lowers Inhale R Leg extends or lifts then lowers Exhale	4 4	4 x	
	01:06	I don't fear	4 x 8	Single leg hold L leg extends Inhale /Exhale Change leg in Glute bridge or optional double leg extension in reverse plank Inhale /Exhale	16 16	1 x	
2	01:23	I don't fear repeating (quiet)	4 x 8	Side hover set up L side Lower hips roll onto L side Inhale /Exhale L elbow under shoulder Inhale /Exhale L knee bends Inhale /Exhale Hips lift R arm O/H Inhale	8 8 8 8	1 x	
	01:41	I don't fear pain anymore	3 x 8	Side hover hip lower and lifts L side Hips lower R arm reaches to ankle Exhale Hips lift R arm returns O/H Inhale	4 4	3 x	
	01:54	I watch you pass	1 x 8	Set up L arm side plank	8	1 x	
	01:58	I will be right by your side	4 x 8	Side plank hamstring curls L side L leg curls to glute - L leg extends to floor or in line with top hip Inhale /Exhale	4	8 x	
	02:15	I don't fear repeating (quiet)	4 x 8	Side plank hold L side Side plank knee or toes Inhale /Exhale R toe to knee options Inhale /Exhale Wild thing optional Inhale /Exhale	8 8 16	1 x	
3	02:33	Instrumental	2 x 8	Side hover set up R side	16	1 x	
	02:42	I don't fear pain anymore	3 x 8	Side hover hip lower and lifts R side	8	3 x	



TRACK 06 - POSTERIOR

Part	Time	Lyrics	Bloc	Exercises	Cts	Reps	Notes
3	02:54	I watch you pass	1 x 8	Set up R arm side plank	8	1 x	
	02:59	I will be right by your side	4 x 8	Side plank hamstring curls R side	32	8 x	
	03:16	I don't fear repeating (quiet)	4 x 8	Side plank hold R side	32	1 x	



TRACK 07

A wide, flat, snow-covered landscape under a clear blue sky. The foreground shows tracks in the snow, and the horizon is distant with some trees visible on the left.

Focus: To coach the combinations clearly so my participants know exactly what to do

Choreography: This track is full of great combos that develop as the reps go on which gives this track lots of variety and will keep your class interested for weeks. We want you to decide which options and progressions you are going to offer way ahead of time. Don't feel you have to throw in all the progressions and arm, lines in straight away. Choose which combos you are going to stick with and which ones you are going to offer progressions for. Then as the weeks go on and your class gets more confident with the combinations then you can offer everything! However you decide to teach the choreography options get ready to feel the burn!

Technique: Supine knee drops -in this move aim to keep the arms, shoulders and upper back pressed equally into the floor as you turn through your waist and pelvis. This will give you the stability you need to engage the obliques whilst keeping your spine supported.

Coaching: Keep your coaching simple and concise in this track. To achieve the track focus use clear Body part direction cues, they are key in your classes success of executing the poses. Remember in core we to talk to bracing the belly, keeping lower back to floor or shoulders and upper back on the floor (where applicable) and direct the breath, exhaling on crunches and inhaling on releases

Connection: Connect with your class in this track by sharing the intensity of the workout with them, this one burns!! And your participants will feel relieved and seen if you share with them that you are feeling it too!

Performance: The lyrics in this song are all about "perfection", explore this word and what it means to you. Maybe you're looking for a great brace of the belly, or you want to praise your class and tell them how perfect they are doing at a particular move. It's not about being perfect, moving safely is and then having a good time with it is the aim of the game.

STAR MOVE - REVERSE CRUNCH

Benefit: Reverse crunches are a great way to feel challenge in your lower abdominals. When doing this move encourage your class to think about a lift of the knees and tail bone towards the ceiling rather than using momentum and swinging the legs or knees towards the head. This will get the class feeling the deep strength it takes to lift their legs with their ab strength.



TRACK 07 - CORE

Part	Time	Lyrics	Bloc	Exercises	Cts	Reps	Notes
1	00:00	Perfection	4 x 8	Set up semi supine position Fingers to temples Curl up to crunch	32	1 x	
	00:22	Perfection	8 x 8	Oblique Twist combo L Knee to chest, twist towards thigh Exhale L leg extends, chest back to centre Inhale L Knee to chest, twist towards thigh Exhale Foot to floor, chest to centre Inhale Repeat R side	16	4x	
	00:56	Instrumental	4 x 8	Bicycle combo with kick (optional) L Knee to chest, twist towards thigh Exhale L leg extends, chest back to centre Inhale L leg to kicks up, twist towards thigh Exhale Foot to floor, chest to centre Inhale Repeat R side	16	2x	
	01:13	Perfection	8 x 8	Bicycles to Scissors Combo Bicycles. Option toe tap Inhale / Exhale Bicycle reach Inhale / Exhale Scissors (optional) Inhale / Exhale Scissor reach (optional) Inhale / Exhale	4	16x	
2	01:47	Quiet instrumental	4 x 8	Set up supine knee drops	32	1 x	
	02:04	Shaker	8 x 8	Supine knee drops Arms open to a T shape, shoulders stay on the ground knees drop L then R Exhale lower, Inhale lift After 4 reps option to extend the legs	16	4x	
	02:38	Perfection	4 x 8	Knee Drop Reverse Crunch Sequence Knee drop L Exhale / Inhale Reverse crunch Exhale / Inhale Repeat R	16	2x	
	02:55	Perfection	4 x 8	Knee Drop C-Crunch sequence Knee drop L Exhale / Inhale Reverse crunch hands reach towards or behind thighs (option back stays to floor) Exhale / Inhale Repeat R	16	2x	



TRACK 07 - CORE

Part	Time	Lyrics	Bloc	Exercises	Cts	Reps	Notes
2	03:12	Instrumental	4 x 8	C-crunch to leg extension Crunch chest and tail bone up hands reach towards or behind thighs Exhale Extend legs to 45 degrees, upper back and head to floor arms wide (option keep knees bent) Inhale	4	8x	
	03:29	Instrumental	4 x 8	Pulse c-crunch Knees stack above hips (option feet to ground), pulse crunch hands reach to thighs or behind Exhale / Inhale	2	16x	



TRACK 08

A wide, flat, snow-covered landscape under a clear blue sky. The foreground shows tracks in the snow, and a small cluster of trees is visible on the horizon to the left.

Focus: To coach our class to feel open and relaxed in the poses and enjoy the process

Choreography: In this track we have a lot of kneeling so make sure to offer your class the option of folding their mat over for more cushioning. There are a couple of poses with deeper intensity options the hamstring stretch with optional ripple to feel the hamstring stretch at a different angle and the front splits. Please know that the front splits option is there if you want it but there is no expectations for you to be able to do it or offer it to your class if it's not accessible and inclusive. Take a look around the room in the standing splits early in the class and the first hamstring stretch in this track to assess if there is someone in the group that might want to try it. Even if you are not able to execute the pose but you think someone will be able to with ease make sure you learn how to coach them safely via Tina's great role model of coaching.

Technique: Wide Leg Fold Hands To Floor - this is the final move of the track where we have the chance to use our upper body strength and core to pull our chest through our legs deepening the stretch in the back of the legs. To also feel a deepening of the stretch try ever so slightly separating the sits bones.

Coaching: At this point in the class we start to slow down, aiming to calm the nervous system so that we can experience really deep stretches for our hips, inner thighs and hamstrings. For this reason we need to slow down our coaching and encourage a deeper breath. Focus on space between your cues and use some silence to let the class drop in and drop down. A good example is when Tina's said "Using the breath to feel calm, centred - enjoying this feeling."

Connection: This track is a great track to use the Advise, Assist, Approve tool. Especially in the kneeling Warrior 2 track where we have ample time to really connect with and breathe with someone. Leave plenty of space in your coaching once everyone is set up to use this tool.

Performance: Focus on the quality of your movement to inspire your class to move safely and to find their deepest expression of the poses.

STAR MOVE - KNEELING WARRIOR 2

Benefit: This is a great move to stretch the inner thighs and work external rotation of leading leg and hip. To be successful in this pose we need to coach our class with clear body part and direction cues and then talk to the feeling of squeezing the glutes and shoulder blades whilst broadening across the collar bones and opening the hips.

This pose may not be comfortable for everyone so it is perfectly ok to offer a participant to do the sequence standing in this section if preferred.



TRACK 08 - HIPS

Part	Time	Lyrics	Bloc	Exercises	Cts	Reps	Notes
1	00:00	Woo	2 x 8	Kneeling Warrior 2 Set up L Kneel on R knee, L knee bending, hips open to long edge of mat, arms open wide in line with shoulders (offer to fold mat under knee) L Inhale / Exhale	16	1 x	
	00:17	There's no stopping	4 x 8	Kneeling Warrior 2 Stretch L Sink hips down into the stretch Inhale / Exhale	32	1 x	
	00:42	Give me that	2 x 8	Kneeling side, hip and psoas stretch R Straighten L leg foot anchored to floor toes F. R hand to mat L arm O/H Inhale / Exhale	16	1 x	
	00:50	Give me that	2 x 8	Kneeling reverse Warrior R Side bend to L, L hand to L leg, R arm O/H Inhale / Exhale	16	1 x	
	01:02	Put your hands on me	2 x 8	Half Splits stretch L Turn to face L side. L leg long in front, hands to floor, Kneeling on R knee Inhale / Exhale	16	1 x	
	01:11	Wow, wow	2 x 8	Half Splits Ripple L 2 spinal ripples (option to just hold hamstring stretch) Inhale / Exhale	16	1 x	
	01:24	Guitar solo	2 x 8	Kneeling lunge - backbend L Bend L knee, arms sweep forwards then O/H. Arms Lat pull down, Back bends. Inhale / Exhale	16	1 x	
	01:35	Guitar solo continued	2 x 8	Half or Full Splits L Come back into half splits pose or high option to try full splits hands to ground to support Inhale / Exhale	16	1 x	
2	01:46	Beat	1 x 8	Kneeling Warrior 2 Set up R	8	1 x	
	01:52	There's no stopping	4 x 8	Kneeling Warrior 2 Stretch R	32	1 x	
	02:14	Give me that	2 x 8	Kneeling side, hip and psoas stretch L	16	1 x	
	02:25	Give me that	2 x 8	Kneeling reverse Warrior L	16	1 x	
	02:35	Put your hands	2 x 8	Half Splits stretch R	16	1 x	



TRACK 08 - HIPS

Part	Time	Lyrics	Bloc	Exercises	Cts	Reps	Notes
2	02:48	Put your hands	2 x 8	Half Splits Ripple R	16	1 x	
	02:59	Guitar solo	2 x 8	Kneeling lunge - backbend R	16	1 x	
	03:10	Guitar solo continued	2 x 8	Half or Full Splits R	16	1 x	
3	03:21	Beat	1 x 8	Transition to standing wide leg stance Feet wide, toes forwards Inhale / Exhale	8	1 x	
	03:27	There's no stopping	4 x 8	Wide Leg Chest stretch and Backbend Hands to waist elbows squeeze to back midline or hands clasp behind back. Chest lifts up into back bend. Inhale / Exhale	32	1 x	
	03:48	So give me that	4 x 8	Wide Leg fold with chest stretch Dold chest forwards keeping hands on waist or clasped Inhale / Exhale	32	1 x	
	04:11	Put your hands on me	4 x 8	Wide Leg Fold Hands to floor Hands to floor underneath shoulders, lift chest into half way lift. Fold over legs using hand and arm strength to draw upper body through legs. Inhale / Exhale	32	1 x	



TRACK 09

A wide, flat, snow-covered landscape under a clear blue sky. The foreground shows tracks in the snow, and the horizon is distant with some trees visible on the left.

Focus: To help our participants feel tension and stress disappear through deep twists

Choreography: This track is gorgeous, well paced with plenty of time in the poses to feel the benefits of deep twisting. In the Lunge Twist we have the add on of an Arm circle to give the feeling of flow and beauty. If you are teaching this arm circle focus on the reach towards the back heel to increase the turn in the chest and then once the arm circle is complete let the arm drop back behind to also feel a lovely chest stretch.

Technique: Lunge to Seated Twist transition - We have a great transition from lunge to seated twist where we need to be mindful of our knees. From the lunge be sure to turn the leading foot to the front and frame foot with hands to floor facing forwards before sliding back knee in. When twisting in the lunge and seated twists always make sure the pelvis is level and anchored and the twist happens in the mid - thoracic section of your spine and continues up into the neck. Belly lifting and supporting.

Coaching: In twists its really key to know when to breathe to help create a deeper experience of the twist. When breathing and coaching breath in a twist think of the Inhale helping to lengthen and create space in the spine and body and the exhale is the opportunity to really squeeze and turn more to twist

Connection: Wonderful moments to connect with your class in this track are the Lunge with arm circle and seated twist set up. Both of these moves we have chance to look at our classes gorgeous faces. Another great way of connecting with the class is by sharing how the poses make you feel.

Performance: Use your vocal tone to relax the class. Breathe deeper and talk slow or maybe slightly softer with compassion and as Tina said "Feel tension and stress melt away".

STAR MOVE - LYING SPIRAL CHEST STRETCH

Benefit: This is a brilliant pose to stretch the chest and biceps but is one that needs some coordination. To help you and your class coach the set up clearly and concisely. The most important thing is that when we turn the chest we don't dump the shoulder forwards and down, rather actively squeeze the shoulder blade into the spine by dragging the hand in towards your body so that the shoulder isn't pressured forwards in the socket. You could use this script as an example "Lying on front, arms by side bring front hand under shoulder bend front knee lift thigh and take leg over to back, slide and drag the back arm into the spine, turning chest and hips to front, head may lift off of floor."



TRACK 09 - SPIRALS

Part	Time	Lyrics	Bloc	Exercises	Cts	Reps	Notes
1	00:00	Silent intro	4 x 8	Down Dog Set up Table top position facing R side, tuck toes lift to Downdog	32	1 x	
	00:05	Say you want a	4 x 8	Down Dog - 3 leg dog open hip L leg Hold downdog 16 counts. Lift L leg up open hip 3 leg dog 8 counts. Bend knee 8 counts. Inhale/Exhale	32	1 x	
	00:29	And can't you see	4 x 8	Lunge arm reach L L knee lunges between hands. L arm reaches F and Up Chest turns to L thigh. Arm circles once. Inhale/Exhale	32	1 x	
	00:54	Muted music	8 x 8	Seated twist L L foot turns to long edge mat. Hands come F to ground. Tuck R leg in to seated twist. L foot inside or outside of R knee. Twist to L knee. L hand to floor behind hip, R arm hugs L knee. Inhale/Exhale Option to take prayer twist arms after 32 counts.	64	1 x	
2	01:41	Say you want a	4 x 8	Down Dog - 3 leg dog open hip R leg	32	1 x	
	02:06	And can't you see	4 x 8	Lunge arm reach R	32	1 x	
	02:30	Muted music	8 x 8	Seated twist R	64	1 x	
3	03:17	And can't you see	4 x 8	Lying Spiral Chest Stretch L Lie on front (prone) Head to R side of mat. R hand wide along floor shoulder engaged into back (slight lift of the R shoulder off of the floor) L arm bends hand underneath elbow. Bend L knee, lift thigh and place L foot behind R leg spiralling chest and hips to front Inhale/Exhale	32	1 x	
	03:41	And can't you see	4 x 8	Lying Spiral Chest Stretch R	32	1 x	



TRACK 10

A wide, flat, snow-covered landscape under a clear blue sky. In the distance, a small cluster of trees is visible on the horizon. The foreground shows tracks in the snow, possibly from a vehicle or sled.

Focus: To help our participants slow down and be patient and accepting with their body in the stretches

Choreography: In this track we get one more opportunity to open up the hips and the heart with some backbend to let go of any residual tension before we move into meditation.

For this track if the mat is horizontal you might find it beneficial to get your class facing into the centre of the room so everyone can see and relax more into the stretches. If you do this be mindful of coaching front and back consistently.

Technique: Sphinx pose – set up and execute this pose safely by taking feet wide. Then activate the back body by squeezing it and focusing on a feeling of dragging hands back and pulling heart forwards. This greets resistance and stops us pressing hands down into floor and dumping into the lower back.

Coaching: Pigeon pose with plenty of time which is an absolute joy to coach offering our class to choose how they'd like to express the pose. The transition into pigeon may be tricky for some so focus on coaching the lifted knee to come forwards to the same wrist and flex foot to opposite wrist. Be clear if you're using front and back direction coaching or right and left or both.

Connection: This track begs us to go inwards as Tori says "Inwards into your truth and what feels good for you and your body with acceptance and gratitude" so in this track you may not need as much eye contact with your class once the pose is set up. Give time and space for your participants to adjust and breathe fully into their experience.

Performance: Tune into the feel of the music and let that influence the way you move. Notice how it is slow, well paced and gives a sense of space. See what you can do to embody this as you move and inspire your class.

STAR MOVE – CAMEL

Benefit: We love Camel! At this point in the journey of the class we do not want to go too deeply in the camel, rather use it as a gentle opener for the hips and heart. Therefore keep hands on lower back and focus on pressing hips forwards on top of knees and squeezing glutes and squeezing elbows together.



TRACK 10 - STRETCH

Part	Time	Lyrics	Bloc	Exercises	Cts	Reps	Notes
1	00:00	Atmosphere	2 x 8	Lie Prone (on front) Sphinx set up	16	1 x	
	00:06	Piano	4 x 8	Sphinx Pose Forearms to floor or lifted elbows	32	1 x	
	00:41	Piano and beep beep beep	4 x 8	Camel pose Kneeling, toes tucked. Hands to lower back. Backbend.	32	1 x	
	01:05	Beat	4 x 8	Table top position Cow - Cat Front/L knee lifts to scorpion tale	32	1 x	
	01:29	Violin	8 x 8	Pigeon L L knee forwards R leg extends or bends at 90/90 Fold forwards	64	1 x	
2	02:16	Beat	4 x 8	Table top position Cow - Cat	32	1 x	
	02:40	Piano	8 x 8	Pigeon R	64	1 x	
	03:29	Violin	10 x 8	Happy baby Sequence Roll onto back. Knees bend either side of torso. Hold thighs, ankles, or feet. R leg stretches to side. L leg stretches to side Both legs straddle Release to lying on back	80	1 x	



TRACK 11

A wide, flat, snow-covered landscape under a clear blue sky. In the distance, a small cluster of trees is visible on the horizon. The foreground shows tracks in the snow, possibly from a vehicle or sled.

TRACK 11 - SOUND MEDITATION

MEDITATION PATIENCE

Relax the Body

This is the moment that we've been building up to, an opportunity to take time to completely rest. Right now choose where you'd like to rest your body, whether it's laying down on your back, side or front, or maybe sitting up. What would serve you the most?

Once you've made that choice take a wriggle and take a deep breath in through your nose, and exhale through your mouth, do this twice more, breath in fully, exhale any tension, stagnation, frustration let it go, once more full breath and then, ahhh. Let go.

Welcome in a sense of heaviness. We feel our body sink down and spread wide and settle.

Gazing behind the darkness of our eye lids, feeling how peaceful it is to embrace this darkness. Our face is softening. Our body is softening.

Control the breath

Now notice your breath, the inhale bringing nourishment and vitality, the exhale releasing any fatigue.

Breath is slow and soothing. Embrace the sweet surrender of your breath.

Clear the mind

Bringing awareness to our minds, our head space. Just have awareness of where you're at. Then choose to slow down. As Dr. Wayne Dyer said "Infinite patience brings immediate results".

So be kind, be patient with yourself, be patient with your mind and your thoughts, and trust that your life is unfolding exactly as it is meant.

Silence

Take in this one final moment of deep rest. Be in it now.

Take a deep breath in and as you exhale through your mouth be aware of yourself in this space, the clothes upon your body, how your body is, seated or lying. Then a huge breath stretching. Exhale role to one side if you're lead. Then we'll make our way to a comfortable seated position. Bring your hands to your heart space, take a moment. Deep breath in, exhale a moment of gratitude to ourselves for being here, for showing up.

That was release 10 Spirit! Thank you so much, I hope you enjoyed your experience!



10



SPIRIT

MIND • STRENGTH • BODY