



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
MIND • STRENGTH • BODY

- ESCAPE -

In Release 11 we invite you to escape the mundane and step into vibrancy, energy and serenity. Let's escape all our worries, fears or to do lists and embody the very best version of ourselves as we move breathe and be in the Spirit of it all.

Release 11 is filmed with a vertical mat set up for the first half of class but remember that you are welcome to choose the most suitable mat orientation for you and your members relevant to the space you are in.

Please adapt the options you show to the people in front of you. We encourage you to make informed choices on the intensity and levels you demonstrate to support your participants ability. Remember you can stick with slower tempo's and all low options if that serves your classes needs best.

Keep this release fresh by exploring the different formats offered and mix and match tracks from 4 weeks onwards.



PLAYLIST RELEASE 11

TRACK 01 - WARM UP

TRACK 02 - SUN SALUTATIONS

TRACK 03 - STANDING STRONG

TRACK 04 - BALANCE

TRACK 05 - FLOW

TRACK 06 - POSTERIOR

TRACK 07 - CORE

TRACK 08 - HIPS

TRACK 09 - SPIRALS

TRACK 10 - STRETCH

TRACK 11 - SOUND MEDITATION

Better Days

3:48

Feel It

5:53

Empower Me

6:33

Breaking Out

4:09

Grateful

6:52

Dream To Reality

3:46

Know Your Name

3:19

Head High

4:39

Lie Down

4:09

Parachute

4:22

Awakening/Sleep Easy

5:00

TRACK 01



Focus: To welcome and energise my class

Choreography: This choreography is simple and builds in tempo as the song journeys on. Feel free to stick with the slower tempo's for longer if needed especially on the Extended Lunge North Star Arm and Sweeping Hamstring Stretch.

Technique: Sweeping Hamstring Stretch - This move is to lengthen our hamstrings dynamically and prepare our body for the moves that happen later in the release - particularly Pyramid Pose found in T3 and T8.

Step foot back and shift weight onto it whilst bending the knee. Hips go back, spine long, aim to keep the front leg long too.

Coaching: For the Sweeping Hamstring Stretch be sure to visually demo from the side on as well as facing forwards as it is a challenge for co-ordination. Plan the Layer 1 coaching cues to support simple easy to understand body part and direction. Some examples you could use are: "R foot steps back, knee bends hips push back" "Left leg steps back and bends, right leg long to feel the stretch in the hamstrings." "The hips go back the chest keeps lifting".

Connection: The Warm Up is the most important time to connect with your class, let them know that you are there to guide them, that they can put their trust in you to escape into a beautiful experience. Use lots of eye contact as you're coaching to make a strong connection to each participant.

Performance: The song is so uplifting! Welcoming us into a feeling of support and safety "I will never let you down" and helping us visualise "better days" ahead stepping into the escapism that we're after to tie into the theme Escape!!

STAR MOVE - EXTENDED LUNGE NORTH STAR ARM

Benefits: This move appears in a lot of the sequences of R11 as the main event but also as a transitional move, so it's an important one for our participants to get familiar with at the very start of the class. It's fantastic for leg strength, balance and co-ordination, plus it feels really elegant! You'll find bent knee and straight supporting leg variations as well as an elevated balance version.



TRACK 01 - WARM UP

Part	Time	Lyrics	Bloc	Exercises	Cts	Reps	Notes
1	00:00	Intro	6 x 8	Mountain Pose with Side Bends Mountain Pose (Inhale/Exhale) R arm O/H - L hand to heart - Side bend to L (Inhale/Exhale) L arm O/H - R hand to heart - Side bend to R (Inhale/Exhale)	16 16 16	1	
	00:35	I will never let	4 x 8	Slow Alternating Extended Lunge North Star Arm x 2 L leg back to Extended Lunge, R knee bends- L arm North Star sweep down, forwards, circle behind (Inhale/Exhale) Repeat R side	16 16	2	
	00:55	Oh, oh, oh looking	4 x 8	Fast Alternating Extended Lunge North Star Arm x 4 L leg back to Extended Lunge, R knee bends - L arm North Star sweep down, forwards, circle behind (Inhale/Exhale) Repeat R, L R	32	4	
2	01:15	Oh, oh, oh looking	4 x 8	Double Arm Swings with Pause Arms O/H x 4 Extended Mountain pose feet under hips arms O/H (Inhale)- Bend knees swing arms down (Exhale) Repeat 3 more times	8 24	4	
	01:36	I will never let you down	4 x 8	Slow Alternating Sweeping Hamstring Stretch x 2 L leg back knee bends, R leg long Sweeping Hamstring Stretch - Arms sweep down, forwards, circle behind step back to Mountain Pose (Inhale/Exhale) Repeat R side	16 16	1	
	01:56	I will never never let you down	4 x 8	Fast Alternating Sweeping Hamstring Stretch x 4 L leg back knee bends, R leg long Sweeping Hamstring Stretch - Arms sweep down, forwards, circle behind step back to Mountain Pose (Inhale/Exhale) Repeat R, L R	32	4	
	02:16	Ooo, ooo, ooo	4 x 8	Dynamic Twist with alternating Side Lunge L x 4 Step L leg to side lunge arms wrap round waist twist to L - bend R knee to R side lunge arms wrap round waist twist to R - Step L leg to side lunge arms wrap round waist twist to L - step in to Mountain Pose (Inhale/Exhale) Repeat Dynamic Twist with alternating Side Lunge R, L R	8 24	4	



TRACK 01 - WARM UP

Part	Time	Lyrics	Bloc	Exercises	Cts	Reps	Notes
3	02:36	Oh, oh, oh looking	4 x 8	Side Bend Goddess Squat x 4 L Goddess Squat with L side bend, L hand heart, R arm O/H (Inhale/Exhale) Repeat R, L R	8 24	4	
	02:56	Melody	4 x 8	Double Arm Swings with Pause Arms O/H x 4	32	4	
	03:17	Melody	6 x 8	Side Bend Goddess Squat - Swing Combo x 6 L Goddess Squat with Side Bend (Inhale/Exhale) - 1 x Swing (Inhale/Exhale) Repeat R, L, R, L, R	48	6	



TRACK 02



Focus: To help my class select the options that feel best by using clear layer 1 option cues

Choreography: This track is well paced and each move has 8 counts each making it easy to learn. We have 4 rounds. The first two rounds are used to set up the foundation of the flow and the second two rounds can be used to offer higher options if that is relevant to your participants.

Technique: Up Dog – ensure that the back body squeezes, particularly the shoulder blades and the glutes. Press down through the tops of the feet and lift the thighs and pelvis off of the floor. Depress the shoulders away from the ears. To enhance the pose pull your hands back as you push your chest forwards.

Oblique climber/Knee to opposite elbow – shift weight into hands and stack shoulders on top of wrists. As the knee moves across the body keep weight evenly distributed in hands and turn from the waist. Pull knee across the body to opposite elbow, use the contraction of the abdominals to help this happen.

Coaching: In round 1 of the sequence keep your layer 1 cues very simple and concise. Use round 2 to introduce the breath. Round 3, if introducing the higher options, revert to Layer 1 and 2 cues then in round 4 explore layer 3 coaching cues.

Connection: Help your class by looking out and seeing what is happening in their bodies, use their name if you can't catch their eye to offer a recommendation or to praise them.

Performance: Be clear in the execution of the postures in order to help your class know where their body should be quickly. Then as they grow in more confidence with the sequence as the weeks go encourage them to make each movement flow into the next, making the postures become more seamless.

STAR MOVE – 3 LEG DOG

Benefits: This is a fantastic move for core, upper body strength and stretches the back line of the supporting leg. In this variation we keep things simple with a square hip alignment, keep both shoulders and hips level with each other for best alignment.



TRACK 02 - SUN SALUTATIONS

Part	Time	Lyrics	Bloc	Exercises	Cts	Reps	Notes
1	00:00	Intro	8 x 8	Mountain Pose - Backbend Sequence Mountain Pose Arms cross in front of chest - backbend (Inhale/Exhale) Arms to high V back bend - rise to Extended Mountain Pose (Inhale/Exhale/Inhale)	32 16 16	1	
	00:41		16 x 8	Sun Salutation L Side Low Forward Fold (Exhale) Halfway Lift (hands thighs) (Inhale) L leg back Kneeling Lunge (Exhale) High V arms (Inhale) Plank transition (Exhale) Low Plank hold (Inhale) Tricep lower (Exhale) Cobra (Inhale) Downdog (Exhale) Downdog hold (Inhale) L Knee to R Elbow (Exhale) Downdog (Inhale) L leg F Kneeling lunge (Exhale) High V arms (Inhale) Forward Fold (Exhale) Extended Mountain (Inhale)	8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8	1	
	01:53	If you feel it	16 x 8	Sun Salutation R Side Low	128	1	
2	03:07	Key board	16 x 8	Sun Salutation L Side High Forward Fold Halfway Lift (hands shins) (Inhale) L leg back Kneeling Lunge (Exhale) High V arms Backbend (Inhale) Plank transition (Exhale) High Plank hold (Inhale) Tricep lower (Exhale) Updog (Inhale) Downdog (Exhale) L Leg 3 Leg Dog (Inhale) L Knee to R Elbow (Exhale) L Leg 3 Leg Dog (Inhale) L leg F High lunge (Exhale) High V arms Backbend (Inhale) Forward Fold (Exhale) Extended Mountain (Inhale)	8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8	1	



TRACK 02 - SUN SALUTATIONS

Part	Time	Lyrics	Bloc	Exercises	Cts	Reps	Notes
2	04:20	If you feel it	16 x 8	Sun Salutation R Side High	128	1	
	05:34	Keyboard	4 x 8	Hands clasp behind back. Baby backbend. (Inhale/Exhale)	32	1	



TRACK 03



Focus: To encourage my class to root down in their legs to build strength in the lower body whilst experiencing opening and freedom through top half of body.

Choreography: This track consists of two sequences and uses Upright Chair to a Flying Chair Pose to reset the body each time, these variations of chair we will explore in more depth in Balance and Flow.

We see the return of the hand to heart arm line which is a beautiful posture and encourages a deeper connection to ones self as we are moving.

Technique: In the first standing strong sequence we are asking our class to go from a closed hip position in Extended Lunge-North Star arm to an open hip position in the Warrior 2 sequence. To manage this well and support your class into a safe and effective open hip stance coach your class to pivot on their back foot, land their back heel and give them encouragement to adjust their feet and knee alignment to set a strong and safe position in Warrior 2. The next transition is to a side lunge transferring weight to the other leg. Before you shift weight to the other leg ensure you coach to turn the back toes out to support the deep side lunge knee alignment.

Coaching: Explore expressive layer 3 coaching cues to achieve the class focus of encouraging my class to root down in their legs to build strength in the lower body whilst experiencing opening and freedom through top half of body. Practice the moves in your body and note how they make you feel and then share this with your class when you come to teach the release.

Connection: Help your class connect to themselves in this by talking to how it might feel in their body, give them space to really feel the strength of their legs.

Performance: This track is beautiful! The music is lead by piano and some powerful empowering lyrics! Before launching this release listen to just the music and take in the lyrics, this will inspire you to bring the meaning of the music to life in your body, in your layer 3 coaching and help you to link the theme of Escape.

STAR MOVE - HIGH LUNGE BACKBEND

Benefits: This is the deepest backbend so far but we are prepared for it from Sun Salutations. It opens up the front line of the body and brings up a feeling of energy. Prepare the foundation in the lunge and remind class to squeeze glutes. Then lead the backbend from a lift of the elbows and heart. Think of lifting upwards before going backwards to ensure the lower back isn't compressing.



TRACK 03 - STANDING STRONG

Part	Time	Lyrics	Bloc	Exercises	Cts	Reps	Notes
1	00:00	Intro	8 x 8	Flying Chair Pose Sequence Mountain Pose (Inhale/Exhale) Arms cross at chest Knees Bend Upright Chair (Inhale/Exhale) Flying Chair arms by sides (Inhale/Exhale)	16 16 32	1	
	00:49	It's the way	4 x 8	Extended Lunge L- North Star Sequence Extended Lunge R leg Back L Knee Bends (Inhale/Exhale) North star arm L Sweeps down, forwards and up (Inhale/Exhale/ Inhale)	16 16	1	
	01:10	You empower me	12 x 8	Warrior 2 Sequence L side Warrior 2 L knee bends (Exhale) Arm line L arm up R hand heart (Inhale) Reverse Warrior (Exhale/Inhale/Exhale) Extended Warrior (Inhale/Exhale) Side lunge R knee bends (Inhale/Exhale) Flying Chair pose (Inhale/Exhale)	8 8 16 32 16 16	1	
2	02:19	Loving you is easy	4 x 8	Extended Lunge R- North Star	32	1	
	02:41	You empower me	12 x 8	Warrior 2 Sequence R side Finish in Upright Chair with arms crossed in front of heart	96	1	
3	03:50	It's the way you hold me	12 x 8	High Lunge Backbend - Pyramid Sequence L R Leg back High Lunge Arms stay crossed L knee bends (Inhale/ Exhale) Backbend (Inhale/Exhale) Pyramid (Inhale/Exhale) Revolved Pyramid L arm lifts (Inhale/Exhale)	16 16 32 32	1	
	04:57	Loving you is easy	12 x 8	High Lunge Backbend - Pyramid Sequence R	96	1	
	06:06	Outro	4 x 8	Flying Chair Pose	32	1	



TRACK 04



Focus: To coach my class through the balance sequence tapping into the feeling of escaping boundaries and limitations

Choreography: This whole track can be taught with the moving leg and foot connected to the floor and still be a really challenging balance track. Be mindful of this as you demonstrate and coach the moves to your class. We have lots of different poses that challenge us to keep our weight central whilst sweeping our arms and legs round, to the side, up and across.

Technique: Skater - Keep your weight firmly through your supporting foot, bend the knee generously and sweep moving leg round, behind and to the side of your body arms match. Lean away to help balance you.

Coaching: This sequence and music is all designed to make you feel like you're breaking free by going from closed, bound positions like Skater and Eagle, to open positions like Tree, Elevated North Star and Elevated Mountain Pose. Use Layer 3 coaching cues on the Flying Eagle to open arms and final sequence to create the feeling. You could imagine your crossed arms are chains and as you open them you are freeing yourself of restriction and limitations!

Connection: In balance we want to encourage our class to focus their eye gaze to help with their balance. To connect with your class allow for moments to use a persons name or simply use encouraging words as they will no doubt be focusing really hard on this track to stay upright!

Performance: Use the lifting Tree Pose arm line to create a moment of pure expansion. Use your full energy and full inhale to lift your arms up above your head into a high V and let that physical expression inspire your class.

STAR MOVE - EAGLE

Benefits: This is a wonderful pose that we've seen before in previous Spirit releases. It is fantastic for leg and core stability and opens up the hips and lower back. Remember toe can touch the ground. To feel it deeply squeeze thighs and shins towards one another.



TRACK 04 - BALANCE

Part	Time	Lyrics	Bloc	Exercises	Cts	Reps	Notes
1	00:00	Intro	2 x 8	Mountain Pose	16	1	
	00:17	Piano	2 x 8	Skater L R knee bends L leg circles round and behind to R side Arms sweep to R diagonal	8 8	1	
	00:31	Maybe I should	8 x 8	Eagle - Tree Sequence L L leg circles L leg crosses on top of R for Eagle, toe up or down Arms cross at heart fists clench Flying Eagle hips tip back Arms open and send behind Sweep arms forwards Toe to Tree pose Arms lift to High V	8 8 16 8 8 8 8	1	
2	01:23	Piano	2 x 8	Skater R	16	1	
	01:36	I found out what	8 x 8	Eagle - Tree Sequence R	64	1	
	02:28	Piano	2 x 8	Mountain Pose Transition Feet to Mountain Pose arms cross over head and down to sides	16	1	
3	02:41	The more my scars come to	4 x 8	Elevated North Star L L leg back to elevated North star R knee bends - R arm sweeps to North Star Lengthen R leg	16 16	1	
	03:07	These chains	4 x 8	Elevated North Star R	32	1	
	03:34	These chains	4 x 8	Elevated Mountain Pose Backbend Sequence Mountain Pose heels elevated arms cross in front fists clench Backbend Arms open up by sides	8 8 16	1	



TRACK 05



Focus: To support our class in the Fallen Star Pose giving plenty of options

Choreography: This Flow has a challenge of Fallen Star Pose. This is challenging and requires a lot of strength and mobility. Make sure you break it down in stages. To help your class be successful in it you may like to even preview the move and it's options before class for them to try.

Technique: Descending Elevated Chair - this is a brilliant challenge of control! Lift up onto balls of feet and then start to bend knees, your posture stays really upright but you are descending down via your legs, arms slowly, peacefully open up over head to a high V. This move is a challenge for balance and can be tricky on the knees so keeping the heels planted will shorten the range and reduce the pressure off of the knees.

Coaching: Use the first round to coach layer 1 and 2 cues. Our participants will need solid guidance in this flow especially the first few times of trying it. Then use your second round to delve into some empowering layer 3 cues.

Connection: The lyrics in this song talk about "peace" and putting "faith" in "your hands". This is a perfect opportunity to connect the lyrics and create our own version of faith and peace into our experience of moving/ flowing to music. To help your classes connect to the music you can leave silence in moments of poignancy or talk to the lyrics within your coaching and encourage that feeling within your participants.

Performance: Explore the tone of your voice. When practicing this release record your voice and notice if it sits within the essence of the track and Spirit. Also notice if the tone of your voice is authentic to you. You can play with being soft and strong within your own personality. Listen to the recording back and see what works. Does what you hear sit in line with the essence of a holistic workout, does it link with the vibe of the music, does it keep you engaged?

STAR MOVE - FALLEN STAR

Benefits: This is the move we have been building up to with our cross body oblique climbers practiced in Sun Salutations. We have two different options on how to execute this move in the lower body and two different options for the upper body too.

Option 1 is to bring the knee and shin down to the floor. Land the back heel down. Option 2 is to thread the leg underneath the body through to the other side keeping it long, edge of foot plants and back heel grounds.

Both of these options you can either keep both hands on the floor for stability or lift the arm up. Either way your shoulder and core will be working very hard whilst getting lots of mobility through rotating in the spine.

This is super advanced and asks a lot from our participants so you can always explore a third option of bending the back knee also and taking a moment there for a hip release, keeping both hands to the ground.



TRACK 05 - FLOW

Part	Time	Lyrics	Bloc	Exercises	Cts	Reps	Notes
1	00:00	Intro	2 x 8	Elevated Mountain Pose with arms crossed	16	1	
	00:20	I won't take you for granted	6 x 8	Descending elevated Chair - Half Moon Sequence L side Descending Elevated Chair arms high V (Inhale/Exhale) 16 Flying Chair arms back by sides (Inhale/Exhale) 8 R leg back extended Lunge (Inhale/Exhale) 8 L arm to North Star (Inhale/Exhale) 8 Floating Half moon with L knee bending R leg behind (Inhale/Exhale) 8		1	
	01:09	Yea, yea	16 x 8	Warrior 2 sequence L side Warrior 2 L knee bends (Exhale) Arm line L arm up R hand heart (Inhale/Exhale) 8 Reverse Warrior (Inhale/Exhale) 8 Extended Warrior (Inhale/Exhale) 8 Side lunge R knee bends (Inhale/Exhale) 8 Extended lunge R arm North Star (Inhale/Exhale) 8 Elevated North star R knee bends (Inhale/Exhale) 8 Circle R leg to Eagle (Inhale/Exhale) 8 Flying Eagle (Inhale/Exhale) 8 Tree pose (Inhale/Exhale) 8 Arms high V (Inhale/Exhale) 8 Downdog (Inhale/Exhale) 8 L leg 3 leg dog (Inhale/Exhale) 8 L knee to R elbow Shin down or leg extended (Inhale/Exhale) 8 Fallen star R arm option to lift (Inhale/Exhale) 8 Plank - Tricep lower (Inhale/Exhale) 8 Cobra or up dog - Down dog (Inhale/Exhale)		1	
2	03:19	Piano	2 x 8	Elevated Mountain Pose with arms crossed Walk from Downdog to Elevated mountain pose	16	1	
	03:36	I won't take you for granted	6 x 8	Descending elevated Chair - Half Moon Sequence R side	48	1	
	04:25	Yea , yea	16 x 8	Warrior 2 sequence R side Finish by walking forwards and rising to mountain pose	128	1	



TRACK 06



Focus: To encourage the class to engage their shoulders and mid to upper back in the kneeling lunge backbend by drawing the arms back before extending the spine.

Choreography: The choreography is well timed in this song giving plenty of time to transition from one pose to the other. The only transition that is sharp is from the last cat/cow pointer to the two pulse pointer backbend setting up the extended leg quickly after the last cat knee to nose pose.

Technique: Backbend pointer - in this move we squeeze the glute to lift the leg whilst pulling the chest through the shoulders and eye gaze looks up. Even though the spine is extending we still maintain engagement through the belly to support and avoid putting too much compression and pressure into the lumbar spine.

Coaching: This track has a great focus on back bends. To ensure our participants are safe during their backbends there are a couple of safety cues that you can use - Squeezing the glutes will immediately support the lower back and help open up the front of the hips to aid spinal extension. Second thing to encourage is creating length through the spine before leaning back. This will help avoid too much compression of the vertebrae.

Connection: Opportunities for personal connection with our class are available particularly during the kneeling lean backs and the kneeling lunge backbend. Take these moments of opportunity for connection with the class to react to what you see. You may see that they need some help with their technique or they could be concentrating and working really hard in which case they will need some encouragement from you. The time when we have set them up and get a chance to facilitate an even better experience with some "how to" cues or celebrate their endeavours are the magic moments.

Performance: For a great performance use the tone of your voice dynamically to give variety to the auditory experience of the track. Keeping in the Spirit essence and your authentic voice to express the feeling of the poses.

STAR MOVE - KNEELING LUNGE BACKBEND

Benefits: The Kneeling lunge backbend is a deep back bend and one that will open our hearts and hips and send a rush of energy to us! This back bend is intended to be a really activated and engaged one. We are exploring flexion of the shoulders first by reaching the arms behind us before going into the full expression of the pose. We do this in order to prevent and avoid lower back pain when the spine is extended. Flexion in shoulders will encourage engagement of T spine and above, all helping to avoid the lower back from going into hyper extension.



TRACK 06 - POSTERIOR

Part	Time	Lyrics	Bloc	Exercises	Cts	Reps	Notes
1	00:00	Intro	4 x 8	Locust Set Up Lie prone legs out long, Chest lifts (Inhale/Exhale) Hands sides of ribs, elbows tucked in (Inhale/Exhale)	32	1	
	00:24	Piano with clicks	6 x 8	Locust Leg Lift Legs lift to locust (Inhale) Lower half way (Exhale)	8 8	3	
	00:53	Piano clicks	2 x 8	Transition to table top	16	1	
	01:02	Oh my, you keep	4 x 8	Cat / Cow Pointer L or Front leg Cow Pointer backbend (Inhale) L or Front leg Cat knee to nose flexion (Exhale)	8 8	2	
	01:21	Cuz I use your	3 x 8	2 pules Pointer backbend L or Front leg Two pulse Cow Pointer in backbend (Inhale) L or Front leg Knee to nose flexion - shoot leg back to pointer (Exhale)	4 4	3	
	01:35	And I need	1 x 8	Transition to kneeling	8	1	
	01:40	I will love you	4 x 8	Kneeling Lean backs Kneeling lean back (Inhale) Kneeling lift (Exhale)	8 8	2	
	01:58	Cuz I belong to	4 x 8	Kneeling Lunge backbend R or Back Leg F between hands to kneeling lunge (Inhale/Exhale) Arms O/H (Inhale/Exhale) Backbend (Inhale/Exhale)	8 8 16	1	
2	02:18	Piano	2 x 8	Transition to table top	16	1	
	02:28	Oh my	4 x 8	Cat / Cow Pointer R or Back Leg Cow Pointer backbend (Inhale) R or Back Leg Cat knee to nose flexion (Exhale)	8 8	2	
	02:47	Cuz I use your	3 x 8	2 pules Pointer backbend R or Back Leg Two pulse Cow Pointer in backbend (Inhale) R or Back Leg Knee to nose flexion - shoot leg back to pointer (Exhale)	4 4	3	



TRACK 06 - POSTERIOR

Part	Time	Lyrics	Bloc	Exercises	Cts	Reps	Notes
2	03:01	And I need your	1 x 8	Transition to kneeling	8	1	
	03:07	I will love you	4 x 8	Kneeling Lean backs	16	2	
	03:42	Cuz I belong to you	4 x 8	Kneeling Lunge backbend L or Front Leg F in kneeling lunge	32	1	



TRACK 07



Focus: To motivate my class to put the energy in to their movements to feel the extra engagement in their muscles

Choreography: This track has lots of opportunities to tailor what you teach to the ability of the group in front of you. Be sure to prepare to demonstrate the tempo and movement complexity that is most supportive and relevant to the group you are teaching. Especially in the Plank Pull Back (See Performance notes) and the Curl Up Leg Lowers section. For more inspiration on slower tempos and lower intensity options watch Tina on the master class.

Technique: Curl Up with Leg Pressure

This move is incredible! By pushing the hands into the thighs and then fighting that pressure with the thighs by pushing the thighs back into the hands and pulling the legs towards our chest, we feel increased engagement through our rectus abdominal (six pack) muscles. Be sure to tuck the chin in towards the throat when curling up in this move to release strain you may feel in the neck flexors (front of the neck).

Coaching: For Layer 1 cues remember to coach to the engagement of the abdominals in each movement, the breath (inhale through the nose, exhale through the mouth) and the stabilisation/position of the spine in relation to the action taken.

Connection: The most perfect moment for connection with our class is the transition to supine with knees above hips. We love this opportunity to look up, share in the moans/groans in reaction to the intensity they have just experienced and then get them excited for what to come!!! Enjoy this moment and see your classes face light up!

Performance: Use your strong physicality to inspire your class and give a great performance. Whatever option you are demonstrating show it with integrity, great technique and channeled energy through every part of your body. When we put the energy in the class feels it and wants to do that too.

STAR MOVE – PLANK PULL BACK

Benefits: This move packs a punch! It is so energised and strong, helping us develop strong reactive core muscles and strengthen our legs and our shoulders.

In this move we have so many options to choose from and it is up to you how much speed, intensity and complexity you offer to your class. Please make sure you take care of your class by picking the most suitable choices for the majority of the group. For example you can kneel or you can hover the knees off of the floor, or even do a bit of both! Plus there are two different tempos for you to choose from and an added cross body climber to throw into the mix for extra core stimulation and hip mobility if your class is ready for it.



TRACK 07 - CORE

Part	Time	Lyrics	Bloc	Exercises	Cts	Reps	Notes
1	00:00	Ohh	4 x 8	Plank Set Up	32	1	
	00:20	Ohh you	4 x 8	Alternating Cross Body Mountain Climber L or Front knee to Back or Right Elbow (Exhale) L or front leg back to plank (Inhale) Alternate	4 4 24	1	
	00:39	I don't even	2 x 8	Slow Pace Plank Pull Back Hips back to heels kneeling or lifted (Inhale) Hips forwards to High or kneeling plank (Exhale)	8 8	1	
	00:46	Said it now	4 x 8	Medium Pace Plank Pull Back Hips back to heels kneeling or lifted (Inhale) Hips forwards to High or kneeling plank (Exhale)	4 4	4	
	01:03	eeeeeee	4 x 8	Medium Pace Plank Pull Back with Alternating Cross Body Climber Hips back to heels kneeling or lifted (Inhale) Hips forwards L or Front knee to back elbow in high or kneeling plank (Exhale) Alternate	4 4	4	
	01:20	Trumpets	4 x 8	Fast Pace Plank Pull Back with Alternating Cross Body Climber Hips back to heels kneeling or lifted (Inhale) Hips forwards L or Front knee to back elbow in high or kneeling plank (Exhale) Alternate	2 2	8	
2	01:36	Drums	4 x 8	Transition to supine with knees above hips Lie on back, knees over hips, shins parallel to ceiling (Inhale/Exhale)	32	1	
	01:52	Ohh you	4 x 8	Supine Leg Lowers L or Front Leg L or Front leg lowers, toe taps floor (Exhale) L or Front leg lifts, knee aligns with R / Back knee (Inhale)	4 4	4	
	02:01	You got me	4 x 8	Supine Leg Lowers R or Back Leg R or Back leg lowers, toe taps floor (Exhale) R or Back leg lifts, knee aligns with L / Front knee (Inhale)	4 4	4	
	02:18	I don't even	2 x 8	Curl Up Leg Pressure Set up Pressure on R or Back Leg Shoulder blades lift off of floor, Knees stay over hips, shins parallel to ceiling, Both hands press into R or Back Thigh, Thigh presses into hands (Inhale/Exhale)	16	1	



TRACK 07 - CORE

Part	Time	Lyrics	Bloc	Exercises	Cts	Reps	Notes
2	02:27	Said it all	4 x 8	Curl Up Leg Lowers L or Front Leg with Leg Pressure on R or Back Leg Both hands continuously press into R or Back Thigh, Thigh continually presses into hands L or Front leg lowers, toe taps floor (Exhale) L or Front leg lifts, knee aligns with R / Back knee (Inhale)	4 4	4	
	02:43	eeeeeee	4 x 8	Curl Up Leg Lowers R or Back Leg with Leg Pressure on L or Front Leg Both hands continuously press into L or Front Thigh, Thigh continually presses into hands R or Back leg lowers, toe taps floor (Exhale) R or Back leg lifts, knee aligns with L / Front knee (Inhale)	4 4	4	
	03:00	Trumpets	4 x 8	Double Pressure Curl Up Hold Both hands continuously press on both thighs, both thighs continually presses into hands (Inhale/Exhale)	32	1	



TRACK 08



Focus: To coach deep breathing to help release stored up tension held in the body.

Choreography: We know hip mobility is unique to each body so we have endeavoured to choreograph something that is as accessible as we can whilst remaining in the Spirit essence and offering opportunities to go deeply into a pose. This means that some of the options for a move will look completely different, in particular the Kneeling Quad Stretch. Also, the transitions between most of the moves can be done from kneeling or standing. Watch Tori for some inspiration for those that aren't as mobile and Tina for the deeper ranges.

Technique: The Kneeling Quad Stretch has two different executions. The first (coached and demonstrated by Tina) is a reverse seated quad stretch. Sitting on your heel and extending the opposite leg we take the hands behind us for support then lift our hips forwards taking our hips, quads and spine into extension. Be sure to encourage a strong squeeze of the glutes drawing the tail bone towards the knees. The second offering to stretch the quads comes in the form of a 90/90 kneeling lunge. Staying up right in the lunge with back knee under hip and front knee on top of ankle we come into a posterior pelvic tilt.

Coaching: For our hip stretches to have the most benefit in releasing tension stored in the body we must give ourselves time to breathe fully, deeply and slowly. In order to achieve this coach to the breath and use descriptive words to help aid our participants use a releasing relaxing breath.

Connection: To connect with our class we have to give ourselves time to do so. The more we know the choreography and the setup layer 1 cues we want to use, the more time we will feel we have to then look out, connect with our class and share a moment in how the pose feels or offer a modification. Connection takes preparation, practice and confidence. The more you prepare and practice learning this release the more confident you will feel to have those special unique moments.

Performance: Use your breath to enhance your performance. Breathe deeply into each pose and then feel how the exhale can enhance your movement by giving space to sink a little deeper. This will feel so good and lead to a visually stunning performance.

STAR MOVE – FLYING PYRAMID

Benefits: The pyramid is back!! But this time with a flare. We have the chance to feel like we are flying/diving into our Pyramid by taking our arms out by our sides, removing that extra stability they provided and helping us engage our core muscles more. This move is a chance to feel a deeper hamstring stretch, however there is a risk of hyper extending the knee so be sure to coach at least a soft bend in the knee to avoid this.



TRACK 08 - HIPS

Part	Time	Lyrics	Bloc	Exercises	Cts	Reps	Notes
1	00:00	Intro	2 x 8	Wide Leg Standing Posture (Inhale/Exhale)	16	1	
	00:16	Beat	4 x 8	Wide Leg Forward Fold (Inhale/Exhale)	32	1	
	00:38	Running round with	4 x 8	Deep Side Lunge L L knee Bends R Leg long (Inhale/Exhale) Optional arm line L arm to floor R arm to high diagonal (Inhale/Exhale)	16 16	1	
	01:01	Ohh, ooh	2 x 8	Kneeling Hamstring Stretch R L Knee to ground, R leg long (Inhale/Exhale)	16	1	
	01:13	Oh, oh	2 x 8	Kneeling Hamstring Twist Stretch R R arm lifts chest turns to R side (Inhale/Exhale)	16	1	
	01:24	Ooh oh	4 x 8	Kneeling Reverse Quad Stretch or 90/90 Kneeling Lunge R Sit back on L heel, L knee bending, R Leg long, hands to floor behind hips, glutes squeeze, hips and chest lift Or Kneeling lunge, back knee under hip and front knee on top of ankle (Inhale/Exhale)	32	1	
2	01:46	We were cruising	4 x 8	Deep Side Lunge R	32	1	
	02:09	Running round	2 x 8	Kneeling Hamstring Stretch L	16	1	
	02:21	Walking round	2 x 8	Kneeling Hamstring Twist Stretch L	16	1	
	02:32	Oh, oh	4 x 8	Kneeling Reverse Quad Stretch or 90/90 Kneeling Lunge L	32	1	
3	02:55	Quiet	2 x 8	Transition to Kneeling Hip Flexor Stretch L L knee in front bending R knee behind to floor (Inhale/Exhale)	16	1	
	03:06	Ooh, oh	4 x 8	Kneeling Hip Flexor Stretch L Arms up (Inhale/Exhale) Side bend to L side (Inhale/Exhale)	16 16	1	
	03:27	We were cruising	4 x 8	Pyramid L Option Hands to shin or Flying Pyramid (Inhale/Exhale)	16 16	1	
	03:51	Running round	4 x 8	Kneeling Hip Flexor Stretch R	32	1	
	04:13	Oh, oh	4 x 8	Pyramid R	32	1	



TRACK 09



Focus: To leave time to be silent to let the music shine

Choreography: This choreography offers a chance for some really deep twists. There is the return of revolved reverse lunge. This one is a challenge. Perhaps the first week you may adjust enjoy the lunge twist. Then when our participants are familiar with that posture and the transition to get there you can add in the revolved revers lunge option.

Technique: Chair Pose Twist: When twisting in Chair Pose the hips go back, the chest turns and the bottom elbow can hover up or bind onto the opposite leg. Whatever we choose to do, take a moment to look down and align the knees to the same level, this will help shift the twist into the thoracic spine and take some pressure off of the lumbar spine which has less rotation available.

Coaching: Be sure to coach options for safe twists. For example, in supine twist we see the return of eagle pose but this time lying down. This is a great opportunity to revisit this stretch for the hips and the IT band however when we drop the legs over to the side of the body we still need our shoulders to be anchored to the floor to facilitate the twist in the spine. So, if that cannot happen or the leg posture is uncomfortable for participants we can simply uncross the legs.

Connection: Although this track is chilled and at times introverted there is a lovely moment to have fun with our class in the transition to floor where we see how low we can go in our chair to sit down, (See Star Move). If you do choose to share this challenge with your class then be sure to be nurturing and encouraging that they can put their hands down for support at any time. Be prepared that there will probably be a few bumps along the way just like Tori had on the masterclass, these are opportunities to have a laugh and smile, so let's take it lightly and enjoy what happens.

Performance: Wow the music is stunning in this one! Definite a chilled sunset vibe moment, because of this and the fact that we are nearing the end of the class it is a great idea to script in some silence for our class to slow down and enjoy just the sound of the music.

STAR MOVE – TRANSITION TO FLOOR

Benefits: Here comes a fun transition to try – getting to the floor from a chair pose without the use of your hands! The aim is to see how low we can go in our chair pose and how long we can try to refrain from using our arms for support! This is a great one to keep our hips and core stability strong and mobile and it is said to be a good exercise to do to keep you young! Don't take this challenge too seriously. If it's not accessible or relevant to your group please don't feel you have to teach it. It's there to have a bit of fun.



TRACK 09 - SPIRALS

Part	Time	Lyrics	Bloc	Exercises	Cts	Reps	Notes
1	00:00	Intro	4 x 8	Downward Dog Head R Feet L (Inhale/Exhale)	32	1	
	00:30	Percussion	4 x 8	Lunge Twist L - Revolved Reverse Twist L leg F, R leg back high lunge (Inhale) Chest turns to L (exhale) Revolved Reverse Lunge - R arm up L arm to back (Inhale/Exhale)	32	1	
	00:56	I know the	4 x 8	Chair Pose Twist L Hands to prayer turn chest to L (Inhale/Exhale) R arm crosses to front leg L arm O/H (Inhale/Exhale)	16 16	1	
	01:21	Baby lie down	4 x 8	Transition to Supine Eagle Twist R Sit down with or without using hands (Inhale) Lie on back (exhale) Arms wide, Knees over hips (Inhale) L leg on top of R for Eagle, Knees drop to R side (Exhale)	8 8 8 8	1	
	01:46	Trumpets	4 x 8	Supine Eagle Twist R	32	1	
2	02:12	Violins	2 x 8	Downward Dog Head L Feet R	16	1	
	02:26	Violins	4 x 8	Lunge Twist R- Revolved Reverse Twist	32	1	
	02:51	I know	4 x 8	Chair Pose Twist L Hands to prayer turn chest to L R arm crosses to front leg L arm O/H	32	1	
	03:16	Baby lie down	4x 8	Transition to Supine Eagle Twist L	32	1	
	03:41	Trumpets	4 x 8	Supine Eagle Twist L	32	1	



TRACK 10



Focus: To coach clearly and simply so my class can have time to be in the moment

Choreography: Something to be aware of is the beginning Downward Dog is held for 32 counts, it could be a challenge to identify when this music kicks in as it is so soft however you want to avoid going too loud with the volume as the track builds to a loud crescendo by the halfway point. If you start the music level high then when it crescendos you may find it could potentially not be a relaxing experience.

Technique: Semi Supine IT Band Stretch: This stretch can be executed best when we use the hand of the leg that's stretching to anchor the hip to the floor. It will mean you have a smaller range but a more precise feeling of stretch through the side of the leg.

Coaching: Practice clear body part and direction cues for this track, the more concise you can be with these cues the more time you will have to let your participants be in their own moment within the pose.

Connection: Keep coaching to a minimum to encourage the class to come into a deep connection with themselves as we slow down in preparation for meditation.

Performance: Tap into a subtler / calmer vocal tone in this track to set the tone for slowing down and clearing the mind.

STAR MOVE – FISH POSE

Benefits: What a great heart opening pose to finish on. Fish Pose stretches the intercostal muscles (between the ribs), relieves tensions built up in the neck, throat, and shoulders, and stimulates the organs of your belly and throat.



TRACK 10 - STRETCH

Part	Time	Lyrics	Bloc	Exercises	Cts	Reps	Notes
1	00:00	Intro	4 x 8	Downward Dog Head R Feet L (Inhale/Exhale)	32	1	
	00:32	piano	4 x 8	Forward Fold Rag Doll Walk to Forward Fold (Inhale/Exhale) Rag doll arms cross O/H and sway (Inhale/Exhale) Roll up to standing feet wide (Inhale/Exhale)	8 16 8	1	
	01:00	Piano stronger	4 x 8	Standing Wide Leg Spinal Circles L then R Hands Clasp O/H Lean L and circle round (Inhale/Exhale) Lean R and circle round (Inhale/Exhale)	16 16	1	
	01:27	Loud sound	4 x 8	Goddess Squat Twist Squat, hands inner thighs torso parallel to floor (Inhale/Exhale) R shoulder down chest turns L (Inhale/Exhale) L shoulder down chest turns R (Inhale/Exhale)	16 8 8	1	
2	01:55	Whoa	4 x 8	Semi Supine Hamstring Stretch Front or L leg Lie on back Front or Left leg extends hands behind leg somewhere option to lengthen other leg (Inhale/Exhale)	32	1	
	02:21	You're my parachute	2 x 8	Semi Supine IT band Stretch Front or L leg Back or R hand comes to outside of Front or L leg (Inhale/Exhale) L or front hand to L or front hip (Inhale/Exhale) L or front Leg comes across mid line of body (Inhale/Exhale)	16	1	
	02:36	You're my parachute	2 x 8	Semi Supine Adductor Stretch Front or L leg Front or L hand comes underneath or on top of Front or L leg R or Back hand on top of R or back hip L or front Leg comes to L or side closest to the front of the room side of body	16	1	
3	02:50	You're my parachute	4 x 8	Semi Supine Hamstring Stretch Back or R leg	32	1	
	03:17	whoa	2 x 8	Semi Supine IT band Stretch Back or R leg	16	1	
	03:31	whoa	2 x 8	Semi Supine Adductor Stretch Back or R leg	16	1	
	03:45	Whoa	4 x 8	Fish Pose Lift up on to elbows hands under glutes. Back bend option to drop head back (Inhale/Exhale)	32	1	



TRACK 11



TRACK 11 - SOUND MEDITATION

MEDITATION ESCAPE

Relax the Body

Over the next few minutes we will be listening to the soothing sounds of healing instruments so invite you to get comfortable. Whether that's seated, lying on your back or side adjust everything until you are completely comfortable and close your eyes.

If you are seated relax your shoulders down and release the jaw, if you are lying on your side feel the weight of your body against the ground and if you're on your back allow your toes to roll out opening the hips, palms facing up opening the chest. Releasing tension from your entire body. Just feeling the rise and fall of your chest.

Control the breath

Begin to bring focus to your breath.

Breathing in and breathing out.

Breathing in wide into your ribs and deep into your belly and breathing out freely.

Lengthening the inhale and lengthening the exhale. Breathing in new energy and breathing out to let go.

Breathing in wider into your ribs and deeper into your belly breathing out to release.

Making each breath last a little longer than before.

Clear the mind

Lets appreciate this moment we have right here to grow, where we escape stresses and worries refocus our attention calmly peacefully.

Tomorrow is out of our hands right now so give up the struggles and battles and break free from all anxieties and lets accept good energy into our hearts.

Taking this time out to get some relief, rest and renewal.

Acknowledging the journeys we have been on and using our wisdom to face whatever arises ahead.

Silence

That was release 11 Spirit! Thank you so much, I hope you enjoyed your experience!





SPIRIT

MIND • STRENGTH • BODY