

12



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

- CLARITY -



Release 12 is inspired by the concept of Clarity. The inspiration can be found through the clear strong lines in the poses, we have movement sequences that are simple, crisp and easy to learn and highlights of physical challenges in peak postures such as Knee to Knee Pose and Reverse Leaning Tree Pose, where the body moves in more than one plane. These demanding postures help us gain clarity of mind by challenging us to focus completely on ourselves and the present moment. As the Zen Buddhist monk Shunryu Suzuki proposed - "Calmness of mind does not mean you should stop your activity. Real calmness should be found in activity."

In order for clarity to be present in our lives, on and off of the mat, it requires us to focus strongly, and sometimes it requires us to simplify. The repetition of the Arm Sequence with Pull serves to make things memorable whilst offering a simple opportunity to recalibrate ourselves, and the breath, all while creating tall, open and engaged posture. The extra time found in tracks 8, 9 and 10 helps us slow down, and the offering of more accessible alternatives hopefully helps you feel, as a teacher, like you can help every *body* be successful and feel held in SPIRIT

The music in this release is extremely hopeful, and romantic. It feels full of joy and celebration too. It speaks to those moments in your life where you finally see in your minds' eye what you're dreaming of and choose to "rise higher" in order to make that vision a reality. As Dr. Cyrus Panjvani describes - "Clarity is like casting a light. Clarity allows us to see better and eases the path of understanding." We hope to do this for our Spirit participants, so that they can see the opportunities in all variations of the poses and believe in themselves to reach their full physical potential, with ease and understanding.

"Clarity is the moment we see without opening our eyes". Stephanie Banks

"True clarity and purpose emerge, when we see ourselves as we truly are." Eleesha

"Make it clear, see it happen, make it clear, see it becoming" Aisha S. Kingu

Release 12 is filmed with a horizontal mat set up for the entire class but remember 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 the people in front of you. We encourage you to make informed choices on the intensity and levels you demonstrate, to support your participants' needs and abilities. You can stick with slower tempos and all low options if that serves your class needs' best.

Keep this release fresh by exploring both the Classic and Align formats on offer and mix & match tracks from 4 weeks onwards.

Remember you can choose to use either Core or Posterior in the Align Format.



PLAYLIST RELEASE 12

| | | |
|-----------------------------|-----------------------------|------|
| TRACK 01 - WARM UP | Dreamer | 3:32 |
| TRACK 02 - SUN SALUTATIONS | Fantasies | 5:45 |
| TRACK 03 - STANDING STRONG | Dancing Through The Streets | 4:46 |
| TRACK 04 - BALANCE | Memories | 4:00 |
| TRACK 05 - FLOW | Washing Over Me | 6:36 |
| TRACK 06 - POSTERIOR | The Low | 4:14 |
| TRACK 07 - CORE | Reconnect | 3:26 |
| TRACK 08 - HIPS | These City Lights | 4:34 |
| TRACK 09 - SPIRALS | Speak Out | 4:56 |
| TRACK 10 - STRETCH | Only You | 6:02 |
| TRACK 11 - SOUND MEDITATION | Awakening/Sleep Easy | 5:00 |



TRACK 01

Focus: To welcome the class and make them feel confident with the movement patterns by coaching with clarity.

Choreography: This is the track that sets up the core movement patterns for the release. We'll experience clear arm lines that encourage us to move in unison with our breath and enhance our posture.

As the track progresses so do the movement patterns. You'll see the lateral rock develop, first round we keep both feet to the ground and the second round we have the option to transfer it into a balance by lifting the free leg. The breathing arm line pattern is linked in with the 2-pulse squat which can then be added to a 3-pulse lunge or a narrow squat. Be ready for the transition to Squat Heel Lift with Arm Pull by only performing half a rep on the last Squat with Breathing arms.

Technique: Lateral Rock. To really get maximum warming in the legs aim to stay low in the transition from squat to rock. Press the knees out and keep the chest up arms wide at shoulder height. Then in the rock take a generous knee bend, a lateral lean through the spine to challenge the obliques and mobilise the spine, arms tip on a diagonal line.

Coaching: This track demands precise pre-cueing to help our participants know what move is up next and how to smoothly transition into it. If we do this successfully our class will feel safe in our hands and relaxed, ready to enjoy the experience. So be ready with your layer 1 cues to make this happen and have a great start. Practice not only the choreography but the coaching too so you know it so well you confidently know what's coming next and have practised what you're going to say. Use Tina's excellent coaching of this track to inspire your layer 1 cues.

Connection: This is a great track for eye contact as every move faces the front, except the lunge twist at the start and the wide leg forward fold at the end. What a great opportunity to be present with our class and smile with them.

Performance: This track is wonderfully expressive and has a lot of opportunity to allow the body to expand with beautiful arm lines. So, enjoy moving your body, expand in every direction and express yourself to create an engaging performance.

STAR MOVE – Lunge Twist

This is a great move to get our participants brains engaged and challenge proprioception with direction change and balance. Clearly coach this move so the class know where to turn, how to pivot on their back toes and lift the back heel, bend both knees and twist to face the back. It's also a fabulous move to open the hip flexors and bring mobility into the thoracic and cervical spine.



TRACK 01 - WARM UP

| Part | Time | Lyrics | Bloc | Exercises | Cts | Reps | Notes |
|------|-------|---------------------|-------|---|-----|------|-------|
| 1 | 00:00 | Intro | 2 x 8 | Set up wide leg stance. Inhale/Exhale | 16 | 1 | |
| | 00:15 | Piano | 4 x 8 | Arm Sequence with Pull Arms lift midline of body. Inhale Arms reach O/H. Exhale. Elbows pull into sides of waist. Inhale Arms return O/H. Exhale | 32 | 1 | |
| | 00:31 | Clicks | 8 x 8 | Lunge Twist Turn slowly into Lunge facing L Arms open wide and O/H. Inhale/ Exhale Lift R heel and bend R knee. Wrap arms round waist R arm in front L arm back. Inhale/Exhale Alternate | 16 | 4 | |
| 2 | 01:06 | Oh, oh, ooh | 4 x 8 | Lateral Rock Transfer weight to L leg, bend L knee, R leg long hips and shoulders facing front. Arms wide on diagonal line L arm low, R arm high. Inhale Alternate to R side. Exhale Repeat 3 more times. | 4 | 8 | |
| | 01:23 | Dreamer quiet | 4 x 8 | 2 Pulse Squat with Breathing Arms Goddess Squat down and up arms wide and then up midline of body to chest. Inhale/Exhale Goddess Squat down and up arms press down and then wide and O/H. Inhale/Exhale. Step feet together last 4 cts. | 8 | 4 | |
| | 01:41 | We're rising higher | 8 x 8 | 3 Pulse Lunge Forward with Breathing Arms Step L foot Forwards bend L knee reach arms F. Inhale (option to do arm line in narrow squat stance rather than lunge) Straighten both legs in lunge stance arms reach O/H. Inhale Bend both knees lower arms. Exhale Straighten both legs in lunge stance arms reach up the midline to chest. Exhale Bend both knees. Press palms down. Inhale Step feet under hips arms open wide by sides. Exhale Alternate R, L, R. Take feet wide last 4 cts | 16 | 4 | |
| 3 | 02:15 | Oh, oh, ooh | 4 x 8 | Lateral Rock Option to lift free leg up. Inhale/Exhale | 4 | 8 | |
| | 02:33 | Dreamer | 4 x 8 | Squat With Breathing Arms Inhale/Exhale | 8 | 4 | |



TRACK 01 - WARM UP

| Part | Time | Lyrics | Bloc | Exercises | Cts | Reps | Notes |
|------|-------|-----------------------------|-------|--|-----|------|-------|
| 3 | 02:50 | Dreamer, you got me feeling | 4 x 8 | Squat Heel Lift with Arm Pull Goddess Squat arms O/H L heel lifts elbows bend into waist. Exhale R heel lifts arms reach O/H. Inhale Repeat 7 more times. | 4 | 8 | |
| | 03:08 | Quiet melody | 4 x 8 | Wide Leg Forward Fold Torso folds forwards. Inhale/Exhale Torso lifts arms travel through midline to O/H. Inhale/Exhale | 32 | 1 | |
| | 03:27 | Outro fade | 2 x 8 | Side Bend Side Bend L and R Arms O/H. Inhale/Exhale | 16 | 1 | |





TRACK 02

Focus: To guide our class through each round of Sun Salutations with a clear coaching focus.

Choreography: This track is beautiful, the music is hypnotic, and the moves are simple with clear progressions added in the third and fourth rounds.

It's worth being aware that the swifter transitions happen between the half way lift with arm pull to the kneeling lunge. There are two poses in the track that we have given more time for, they are the Downward Dog and the High Lunge at the end of each flow. This is so that our participants have ample time to make their way into and out of these poses.

Technique: Halfway Lift with Arm Pull – this is a fantastic move to really feel the shoulders and back engaging and the core working strongly to support. Aim to draw arms by ears or even higher towards the ceiling, then squeeze the sides of the body and the shoulder blades down into the back as elbows pull into waist, this engages the rhomboids, trapezius, and latissimus dorsi.

Coaching: It's useful to have a focus for each round of the Sun Salutations. When doing this we can really use the SPIRIT coaching model to the best of its abilities.

We recommend using the first round for layer 1 cues – pose name, body part and its direction, options/modifications. For the second round, focus mostly on layer 2 cues – breath cues, this will help the moves become a flow. The third round is ideal to introduce the higher intensity options so revert to Layer 1 and 2 cues. For the fourth round we can really go to town with some fantastic layer 3 cues – enhancing the feel, the experience and intensity.

Connection: In this track we can connect with our class by looking out and seeing what they need support with. Especially for the first few times of doing this flow it may just need some reiteration of layer 1 cues from you or explaining in a different way, to help them get into each pose with ease, by doing this your class will feel supported and create a deeper connection with you.

Performance: In this track see how you can use the tone of your voice in keeping with the essence of SPIRIT to catch and keep participants attention.

STAR MOVE – Kneeling Lunge with Oblique Twist and Diagonal Arm Lift

The Kneeling Lunge with Oblique Twist and Diagonal Arm Lift is a great move to give our hip flexors a deep stretch up into the obliques. Be sure to take a deep inhale as you lift the arm and try to keep hips relatively square to the short edge of mat. There is an alternative to place the supporting arm on top of the knee for those that are more comfortable in an upright position.



TRACK 02 - SUN SALUTATIONS

| Part | Time | Lyrics | Bloc | Exercises | Cts | Reps | Notes |
|------|-------|----------------------------|--------|---|-----|------|-------|
| 1 | 00:00 | Intro | 4 x 8 | Mountain Pose Top of Mat | 32 | 1 | |
| | 00:23 | Repeat of intro | 4 x 8 | Mountain Pose Backbend Arms wide by sides. Inhale Hands come to heart. Back Bend. Inhale Arms unfold by side. Exhale Arms lift O/H to extended mountain pose. Inhale | 32 | 1 | |
| | 00:41 | I've been having fantasies | 16 x 8 | Sun Salutation L Low Forward Fold. Exhale Halfway Lift hands to thighs. Inhale Arms reach O/H. Exhale Elbows pull to waist, then arms extend O/H. Inhale Kneeling lunge L leg steps B. Exhale Oblique Twist. L arm lifts to high diagonal, lean to R. option to bring R elbow to thigh. Inhale Kneeling Lunge, L arm lowers. Exhale Plank, kneeling. OPTION Table Top. Inhale Tricep lower. OPTION Cat. Exhale Baby Cobra. OPTION Cow. Inhale Downdog. Exhale Downdog. Inhale High Lunge L Leg F. Exhale Hold High Lunge L. Inhale Forward fold. Exhale Extended mountain, arms travel up through midline to O/H. Inhale | 128 | 1 | |
| | 01:54 | We can love | 16 x 8 | Sun salutation R Low | 128 | 1 | |



TRACK 02 - SUN SALUTATIONS

| Part | Time | Lyrics | Bloc | Exercises | Cts | Reps | Notes |
|------|-------|----------------------------|--------|--|-----|------|-------|
| 2 | 03:07 | I've been having fantasies | 16 x 8 | Sun Salutation L High Forward Fold. Exhale Halfway Lift hands to shins. Inhale Arms reach O/H. Exhale Elbows pull to waist, then arms extend O/H. Inhale Kneeling lunge L leg steps B. Exhale Oblique Twist. L arm lifts to high diagonal, lean to R. option to bring R elbow to thigh. Inhale Kneeling Lunge, L arm lowers. Exhale Plank, high on toes. OPTION Table Top. Inhale Tricep lower. OPTION Cat. Exhale Updog. OPTION Cow. Inhale Downdog. Exhale Three Leg Dog with Open Hip. Inhale High Lunge L Leg F. Exhale Hold High Lunge L. Inhale Forward fold. Exhale Extended mountain, arms travel up through midline to O/H. Inhale | 128 | 1 | |
| | 04:20 | We can love | 16 x 8 | Sun Salutation R High | 128 | 1 | |
| | 05:33 | Outro | 4 x 8 | Mountain Pose Backbend Hands to heart, backbend. Exhale Arms unfold by sides. Inhale/Exhale | 32 | 1 | |





TRACK 03

Focus: To motivate participants to enjoy the moves as the burn in the legs builds.

Choreography: To help you learn Standing Strong choreography it's worthwhile thinking of this track as structured in thirds. The main sequence is repeated twice, then the final third of the sequence shifts to a Squat sequence, then an Extended Warrior – Floating Half Moon on both sides, finished with a Goddess Squat with Arm Pull Sequence.

This track brings in the added layers of intensity and balance challenges with a Triangle with Arm Pull, Warrior 2 with Heel Lift, and a Floating Half Moon. So much variety! Take your time showing all these different options over the course of a few weeks, don't feel you need to do all of the higher intensity options straight away. By building up to some of the challenges it will keep the experience fresh and help participants tangibly see and feel their progression, and this brings with it a great opportunity to celebrate themselves.

Technique: Floating Half Moon – Whether we are keeping the back foot on the floor or floating off the floor this pose is a challenge for our core and balance. It asks us to open our hips and shoulders to the long edge of our mat, contract the back of the body into the centre line so that the front of the body can feel free and open. To help with balance in this, keep the eye gaze down, for participants that are confident in the pose they can challenge themselves by turning their eye gaze to the front or even to the top hand. To keep within the essence of a standing strong track focus on the strength and challenge in the legs by keeping the supporting knee bending.

Coaching: This is a fantastic track to explore Layer 3 motivational cues. Try this track for yourself and then journal where the challenges are for you and what feelings crop up. Then use these notes to create motivational layer 3 cues to keep your class going and so that they feel seen and understood by you.

Connection: Join in the challenge with your class, when you start feeling it or see a class member grimacing it's a brilliant opportunity to catch their eye and share that feeling together. It will feel great for the member that they are not on their own with the challenge of the track.

Performance: This track is uplifting and celebratory, especially with the lyrics! So, bring the lyrics and the vibe of the track into your coaching and into your facial expressions, this will set a celebratory tone and make it feel full of energy with strong body positioning.

STAR MOVE – Triangle with Arm Pull

The Arm Pull strikes again but this time in a lateral flexion position which demands a lot of strength from our core, especially the obliques. The most important thing is that we can maintain the long line of the legs and the spine whilst adding in the arm line. Practice in the mirror to see what happens to the shape of your triangle posture when you lift both arms off. Remember there is always the option to use just the top arm whilst we're building the strength in our core in executing this pose.



TRACK 03 - STANDING STRONG

| Part | Time | Lyrics | Bloc | Exercises | Cts | Reps | Notes |
|------|-------|---------------------------------|-------|--|-----|------|-------|
| 1 | 00:00 | Intro | 4 x 8 | Triangle Set Up Feet wide, toes turn L, hips, and shoulder square to front. Inhale/Exhale Arms lift through midline to chest, extend wide in line with shoulders. Inhale/Exhale | 32 | 1 | |
| | 00:24 | A life without you ain't enough | 8 x 8 | Triangle Sequence L Triangle. L hand to shin or floor. R arm reaches to ceiling. OPTION to soften the knee. Inhale/Exhale R arm reaches O/H. Inhale L arm reaches O/H - OPTION. Exhale R Elbow or both elbows pull into waist then extend O/H. Inhale/Exhale | 64 | 1 | |
| | 01:03 | Trumpets | 8 x 8 | Warrior 2 Sequence L Feet open to Warrior 2 L knee bends arms wide. L Heel lifts OPTION. Inhale/Exhale Reverse Warrior. Arms lift through midline to O/H. Inhale Side bend to R. Exhale Open to Extended Warrior arms on diagonal, L arm low, R arm high. Inhale/Exhale Transfer weight to L foot to balance with R toe down or find Floating Half Moon. Inhale/Exhale | 64 | 1 | |
| 2 | 01:42 | I know that you | 8 x 8 | Triangle Sequence R | 64 | 1 | |
| | 02:22 | Trumpets | 8 x 8 | Warrior 2 Sequence R | 64 | 1 | |
| 3 | 03:01 | A life without you ain't enough | 4 x 8 | Squat with Arm Pull Step feet wide Arms reach up through midline to O/H. Inhale Squat pulling elbows into waist. Exhale Hold squat reach arms O/H. Inhale | 32 | 1 | |
| | 03:21 | I'm Yours in | 4 x 8 | Squat Side Bend Goddess Squat side bend L arms O/H Exhale/Inhale Repeat R | 16 | 2 | |



TRACK 03 - STANDING STRONG

| Part | Time | Lyrics | Bloc | Exercises | Cts | Reps | Notes |
|------|-------|--------------------|-------|--|-----|------|-------|
| 4 | 03:40 | Trumpets | 4 x 8 | Squat Heel Lift with Arm Pull L heel lifts elbows bend into waist. Exhale R heel lifts arms reach O/H. Inhale | 4 | 8 | |
| | 04:00 | I'm yours in every | 8 x 8 | Extended Warrior to Floating Half Moon L Extended Warrior or Floating Half Moon L. Inhale/Exhale Repeat R | 32 | 2 | |
| | 04:39 | Outro | 4 x 8 | Squat With Arm Pull Reach arms through midline and O/H lifting both heels for optional balance. Inhale Goddess squat, elbows pull into waist. Exhale Straighten legs reach arms O/H, optional balance Inhale/ Exhale | 32 | 1 | |





TRACK 04

Focus: To leave space in my coaching to let the beauty of the moves and the lyrics to shine through.

Choreography: This balance track is packed full of beautiful, challenging, and unusual lines. Take your time to learn the postures and sequencing so you can understand and feel what muscles need to switch on to execute the posture to your best ability. Remember that these poses are challenging so be compassionate, enjoy the variety and know that each body will look different in expressing itself within the shape.

Technique: Standing Scorpion Tale – This is a great variation on Warrior 3, adding the bent knee to create the scorpion tale activates the hamstrings more. Focus on keeping a long spine and rolling the hip of the lifted leg down slightly to maintain levelling of the hips.

Coaching: This song is beautiful! Let the beauty shine with minimal coaching giving ourselves and our class an opportunity to hear and feel the meaning of the lyrics.

Connection: Connecting with our class during balance is always going to be less about personal interactions and more about sharing the experience together. Especially as eye contact is challenging when you're focused on balance. So, contemplate how you can share something personal about how this track makes you feel, this will help the class feel an affinity with you and bring you together.

Performance: Enjoy this track and allow the tone of your voice to sit in line with the music to give a holistic experience. Remember the essence of SPIRIT is authentic, present, calm, inspiring and encouraging.

STAR MOVE – Revolved Half Moon

We see the return of the Revolved Half Moon. Wow this is one of the most challenging balances so know that you can put a foot down, you can put a hand down, wobbles will inevitably happen and that's ok.

Revolved Half Moon comes with so many benefits – mobility through the thoracic spine, full core strength and mind focusing extremely hard!



TRACK 04 - BALANCE

| Part | Time | Lyrics | Bloc | Exercises | Cts | Reps | Notes |
|------|-------|-----------------------------|-----------|---|-----|------|-------|
| 1 | 00:00 | Intro | 2 x 8 | Mountain Pose | 16 | 1 | |
| | 00:16 | Piano | 2 x 8 | Tree pose set up L L knee opens L foot to inside R leg Arms open wide to shoulder height Inhale/Exhale | 16 | 1 | |
| | 00:29 | Green, green pastures | 2 x 8 | Leaning Tree Pose L Lean to L side L arm towards knee R arm up to diagonal. Inhale/Exhale | 16 | 1 | |
| | 00:40 | The lines are dancing | 2 x 8 | Reverse Leaning Tree Pose L L foot comes behind R leg R arm reaches towards L foot, L arm lifts to diagonal. Inhale/Exhale | 16 | 1 | |
| | 00:53 | Breathe in, breathe out | 2 x 8 | Knee Lift L L Knee lifts forwards Arms lift through midline to chest, extend O/H palms press then open wide. Inhale/Exhale | 16 | 1 | |
| | 01:06 | These rivers are running | 2 1/2 x 8 | Standing Scorpion Tale L L knee goes back toe points to ceiling, torso dives forwards. Arms sweep back by sides. Inhale/Exhale | 20 | 1 | |
| 2 | 01:20 | Piano | 2 x 8 | Tree Pose Set Up R | 16 | 1 | |
| | 01:32 | These little constellations | 2 x 8 | Leaning Tree Pose R | 16 | 1 | |
| | 01:46 | Sun gaze upon | 2 x 8 | Reverse Tree Pose R | 16 | 1 | |
| | 01:56 | Breathe in, breathe out | 2 x 8 | Knee Lift R | 16 | 1 | |
| | 02:08 | These rivers are running | 2 1/2 x 8 | Standing Scorpion Tale R | 20 | 1 | |
| 3 | 02:22 | Piano | 6 x 8 | Warrior 3 to Revolved Half Moon L L leg straightens to Warrior 3, arms reach forwards and wide in line with shoulders Revolved Half Moon, Chest turns R, L arm lowers towards ground option to touch foot and/or hand to ground, R arm reaches high above. Inhale/Exhale | 48 | 1 | |



TRACK 04 - BALANCE

| Part | Time | Lyrics | Bloc | Exercises | Cts | Reps | Notes |
|------|-------|--------------------------|-------|--|-----|------|-------|
| 3 | 02:59 | Breathe in, breathe out | 6 x 8 | Warrior 3 to Revolved Half Moon R | 48 | 1 | |
| | 03:35 | These rivers are running | 2 x 8 | Balancing Extended Mountain Pose Feet together, heels lift. Arms through midline and O/H palms press then open wide. Inhale/Exhale | 16 | 1 | |
| | 03:49 | Piano | 2 x 8 | Divers Elbows pull into waist. Tip into diver's arms back by sides. Inhale/Exhale | 16 | 1 | |





TRACK 05

Focus: To let my class feel the flow, enjoy the vibe of the music and share in the challenge of the sequencing.

Choreography: This is the track where we bring everything we've learnt together in one flow and then some more! Flow is always the chance to really feel the workout of our SPIRIT practice.

We only repeat the sequence twice through as it is a long sequence.

Watch out for the transition from Floating Half Moon to Tree Pose. Be sure to come out of your Moon balance 4 counts earlier to set a mountain pose and to recalibrate for Tree Pose.

Technique: Revolved Floating Half Moon to Revolved Knee to Knee Pose – This is the most intensive part of the flow, the main aim is to keep the twist in the spine from Moon to Knee to Knee, all whilst balancing! This takes a massive amount of core strength and balance. It helps to think of lifting out of the waist and turning, plus squeezing the shoulders into the spine to maintain an open chest. Don't be shy of putting the foot down in between each pose to keep balanced, this is a tough one! Equally if you feel your class could really push themselves there's the ultimate challenge of holding onto the foot in the Revolved Knee to Knee Pose and then expressing a Revolved Dancers pose – Check out Tina on the video and be sure to have a practice of it before teaching it.

Coaching: Remember our participants have experienced most of the poses in this track, we still need to coach using all 3 layers of the coaching model, but fine details are not as important as they have already explored this with you earlier in the class. So set your class up with layer 1 and 2 coaching on the first round of flow and then really enjoy using your layer 3 coaching to emphasis the peak of the class!

Connection: This is a fabulous track to share some eye contact and maybe use participants names to celebrate them and encourage them in reaching their full potential.

Performance: This is your opportunity to go big in the poses and explore full range of movement. This will inspire your class to know there is always more that they can try and reach for, which will lead to a captivating performance.

STAR MOVE – Knee Lift with Leg Extension

This is a brilliant moment for us to strengthen our hip flexors and quadriceps. It also challenges our ankle stability which along with the foot is the foundation of our movements. Practicing this move helps us train to stabilize our body which is so helpful as we age.



TRACK 05 - FLOW

| Part | Time | Lyrics | Bloc | Exercises | Cts | Reps | Notes |
|------|-------|-----------------|--------|--|-----|------|-------|
| 1 | 00:00 | Intro | 2 x 8 | Mountain Pose | 16 | 1 | |
| | 00:13 | Intro continued | 2 x 8 | Warrior 2 Set Up L Feet open to Warrior 2 L knee bends arms wide. Inhale/Exhale | 16 | 1 | |
| | 00:21 | I feel the | 16 x 8 | Warrior 2 Sequence L Warrior 2 L. L Heel lifts OPTION. Inhale/Exhale Arms lift through midline to O/H. Reverse Warrior. OPTION put back hand o back leg for support. Inhale Side bend to R. Exhale Open to Extended Warrior arms on diagonal, L arm low or on thigh, R arm high. Inhale/Exhale Transfer weight to L foot to balance with R toe down or find Floating Half Moon, OPTION bottom arm comes to knee for support. Inhale/Exhale/Inhale Mountain Pose. Exhale. | 128 | 1 | |
| | 01:26 | Beats | 8 x 8 | Leaning Tree Pose Sequence R Leaning Tree Pose R Lean to R side R arm towards knee L arm up to diagonal. Inhale/Exhale R foot comes behind L leg L arm reaches towards R foot, R arm lifts to diagonal. Inhale/Exhale R Knee lifts forwards Arms lift through midline to chest, extend O/H palms press then open wide. Inhale/Exhale Option to extend leg | 64 | 1 | |
| | 01:59 | Washing over | 4 x 8 | Warrior 3 to Revolved Half Moon Sequence R R leg goes back to Scorpion straighten to W3, torso parallel to floor, hips square arms wide in line with shoulders. Inhale/ Exhale. Revolved Half Moon, chest turns L, R arm lowers towards ground option to touch foot and/or hand to ground, L arm reaches high above. Inhale/Exhale | 32 | 1 | |
| | 02:15 | De, de, de, de | 8 x 8 | Revolved Moon to Revolved Knee to Knee Challenge R Torso lifts. Both knees bend R knee comes towards L Knee. R arm reaches forwards chest turning to R. Option to hold R foot with L hand. Inhale/Exhale Return to Revolved Half Moon or hold foot in Revolved Dancers. Inhale/Exhale Torso lifts. Both knees bend R knee comes towards L knee. R arm reaches forwards chest turning to R. R knee lifts arms reach O/H. Inhale/Exhale R knee circles, R foot lands for Triangle. Inhale/Exhale | 64 | 1 | |



TRACK 05 - FLOW

| Part | Time | Lyrics | Bloc | Exercises | Cts | Reps | Notes |
|------|-------|---------------|--------|--|-----|------|-------|
| 1 | 02:47 | Washing over | 8 x 8 | Triangle Sequence R Triangle. R hand to shin or floor. L arm reaches to ceiling. OPTION soft knee bend. Inhale/Exhale L arm reaches O/H. Inhale R arm reaches O/H - OPTION. Exhale L Elbow or both elbows bend into waist then extend O/H Inhale/Exhale | 64 | 1 | |
| | 03:20 | I feel the | 16 x 8 | Warrior 2 Sequence R | 128 | 1 | |
| 2 | 04:25 | Beats | 8 x 8 | Leaning Tree Pose Sequence L | 64 | 1 | |
| | 04:41 | Washing over | 4 x 8 | Warrior 3 to Revolved Half Moon Sequence L | 32 | 1 | |
| | 05:14 | De,de,de,de | 8 x 8 | Revolved Moon to Revolved Dancer Challenge L | 64 | 1 | |
| | 05:46 | Washing over, | 8 x 8 | Triangle Sequence L | 64 | 1 | |
| | 06:20 | Outro | 4 x 8 | Mountain Pose to Backbend Arms wide by sides. Inhale Hands come to heart. Backbend. Inhale Arms unfold by side. Exhale | 32 | 1 | |





TRACK 06

Focus: To coach clearly and bring awareness to the feel of activating the posterior chain.

Choreography: This track has plenty of options to ensure everyone is successful. There is also an alternate choreography if you want to change it up to keep variety or if there is someone in your class that you know would benefit from doing a tabletop position rather than lying prone, for example pregnancies. In this instance we recommend briefing them before the class as to what to expect and then guide them with coaching as you teach the prone version.

We have two opportunities to keep the track moving with a sequence from Plank – Tricep Lower – Cobra. This is beneficial to keep heat in the body and link back into breath, however if you feel it would be more beneficial for your class to take a moment of rest in Extended Childs Pose or have more time to transition to the next pose set up, the option to leave one or both sequences out are there for you.

Technique: Back Extension Arm Pull with Hamstring Curl – this move is extremely powerful for the entire back of the body; wow do you feel the strength it takes when you do it! Be sure to try and lift chest and thighs simultaneously, activate glutes and shoulder blades, plus a mindful inhale to initiate the pose will help this happen. When pulling elbows into waist squeeze lats/sides and back of the body downwards, shoulders should depress away from ears.

Coaching: This track gives us plenty of time to get our coaching layers out. After your participants have done a move once link in some layer 3 feel cues to help them understand where they should be feeling the pose in their body. For example, “As the heels curl in feel the back of your legs – the hamstrings- squeezing strongly”.

Connection: Some great opportunities for connection in this track are found when the chest and eye gaze lifts in Bow Pose and the Camel set up. Use these moments, as well as the transitions between poses like the Plank, Tricep Lower, Cobra Sequence, to catch your participants eyes and give them a big smile of encouragement.

Performance: The music is the highlight of this track. It’s so cool and relaxed with a beat that keeps us moving, whilst encouraging us to move slow with control. Listen to the music and take note of the positive things it makes you feel and then think about how you could use the tone of your voice to complement it.

STAR MOVE – Camel

Set this pose up with knees under hips and toes tucked under, hands on hips or lower back. Glutes squeezing, tail bone down, chest lifting up and then back to create the backbend. Benefits of Camel Pose are that it increases flexibility in the spine, lengthens the quadriceps, hip flexors and abdominals, opens the chest and shoulders and aids strong activation of the hamstrings, glutes and back muscles.



TRACK 06 - POSTERIOR

| Part | Time | Lyrics | Bloc | Exercises | Cts | Reps | Notes |
|------|-------|--------------------------|-------|---|-----|------|-------|
| 1 | 00:00 | Guitar | 4 x 8 | Back Extension Set Up ALTERNATE OPTION Tabletop Position Lie prone Feet wide Arms forward fingers to floor or up Inhale/Exhale ALTERNATE OPTION - hands under shoulders, knees under hips | 32 | 1 | |
| | 00:26 | These moments in time | 4 x 8 | Back Extension Lat Pull Down Slow Tempo ALTERNATE OPTION Single Arm Pointer R Chest and arms lift, or fingers stay to floor. Inhale Elbows pull into waist. Exhale. Extend arms. Inhale Chest and arms lower. Exhale ALTERNATE OPTION - R arm lifts forwards, R elbow pulls into waist, R arm reaches forwards, R hand returns to floor | 32 | 1 | |
| | 00:47 | Keep it on the low | 4 x 8 | Back Extension Lat Pull Medium Tempo ALTERNATE OPTION Single Arm Pointer L & R | 16 | 2 | |
| | 01:08 | When I look in your eyes | 4 x 8 | Prone Hamstring Curls Slow Tempo ALTERNATE OPTION Single Leg Pointer R Legs lift. Inhale Knees bend heels to butt. Exhale Legs extend. Inhale Legs lower. Exhale ALTERNATE OPTION - R Leg lifts in line with hip, R knee bends heel into butt, R leg lengthens back in line with hip, R knee returns to floor | 32 | 1 | |
| | 01:30 | Keep it on the low | 4 x 8 | Prone Hamstring Curls Medium Tempo ALTERNATE OPTION Single Leg Pointer L & R | 16 | 2 | |
| 2 | 01:52 | Guitar | 4 x 8 | Back Extension Arm Pull with Hamstring Curl ALTERNATE OPTION Opposite Arm & Leg Pointer L & R Chest, arms, and legs lift. Inhale Elbows pull into waist, knees bend heels towards butt. Exhale Extend arms and legs. Inhale Chest, arms, and legs. Exhale | 16 | 2 | |
| | 02:12 | These moment in time | 4 x 8 | Single Bow R ALTERNATE OPTION Opposite Arm & Leg Pointer L & R Legs in line with hips. R hand forwards. Inhale/Exhale L knee bends L hand holds foot. Inhale/Exhale Chest and thigh lift. Inhale/Exhale | 32 | 1 | |
| | 02:34 | Guitar | 2 x 8 | Single Bow L ALTERNATE OPTION Opposite Arm & Leg Pointer L | 16 | 1 | |



TRACK 06 - POSTERIOR

| Part | Time | Lyrics | Bloc | Exercises | Cts | Reps | Notes |
|------|-------|--------------------------|-------|---|-----|------|-------|
| 2 | 02:45 | When I look in your eyes | 4 x 8 | Double Bow or Single Bow L ALTERNATE OPTION Opposite Arm & Leg Pointer R Both feet in hands. Inhale/Exhale Lift chest and thighs. Inhale/Exhale Option to keep alternating Single bow | 32 | 1 | |
| | 03:06 | Keep it on the low | 4 x 8 | Plank - Tricep Lower- Cobra Sequence ALTERNATE OPTION Childs Pose Inhale / Exhale Knees up or down in plank - tricep lower | 32 | 1 | |
| 3 | 03:27 | When I look in your eyes | 4 x 8 | Camel Pose Kneeling with toes tucked hands to back. Inhale/Exhale Option to reach hands to heels | 32 | 1 | |
| | 03:48 | Keep it on the low | 4 x 8 | Plank - Tricep Lower- Cobra - Hamstring Curl Sequence ALTERNATE OPTION Childs Pose Inhale / Exhale | 32 | 1 | |



A serene landscape featuring a large, snow-capped mountain peak in the background, its reflection clearly visible in a calm body of water. The shoreline is lined with dense evergreen trees. In the foreground, a large, mossy rock sits in the shallow water, and some green foliage is visible on the left. The entire scene is bathed in a soft, greenish light, giving it a tranquil and ethereal feel.

TRACK 07

TRACK 07 - CORE

Focus: To coach the options clearly in the setup of each move so my class feels confident in what they are doing.

Choreography: This is simple choreography; we have one sequence that we repeat twice.

We have lots of options too, knees and toes can be connected to the floor and there is a chance to try plank or to reduce pressure on wrists and do the sequence in hover on the forearm/s.

There is plenty of opportunity for rest, rather than do the full plank, you can skip it and rest and transition to the next side or do the plank but only for half the amount of time. This choice enables us to give our class a chance to reenergise and prepare for the next side.

Technique: Kneeling Side Plank/Hover Leg Sequence – this move is excellent for strengthening the core abdominal muscles, as well as the hip flexors, and hip muscles. The aim is to keep the rest of the body still and stable whilst the top leg moves. To do this press firmly down through the hand/arm and supporting knee, abs braced, bottom hip lifted high.

Coaching: For Layer 2 breath coaching in this Core track, we will aim to take our inhalation through the nose and our exhalation through the mouth, helping the body to breathe laterally via the lungs and rib cage, with a stronger abdominal brace that is demanded from the poses.

Connection: This track is fantastic for connection as the majority of it is facing the front, so as a SPIRIT Teacher we get to look at our participants in the eye and we have time to use 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 enhance their position.

Performance: Tune into the feel of the music and let that influence the way you move. This music has a strong, mechanical beat with some drama in the guitar riff section, see what you can do to embody this as you move strongly in the core moves and inspire your class.

STAR MOVE – Modified Copenhagen

This is an exciting new addition to the SPIRIT pose library! The Modified Copenhagen is an excellent progression from side plank or hover that strengthens the adductors (inner thighs) as well as demand more from our hip, oblique and shoulder strength. Bear in mind that this is a challenging move so when you first introduce this you may want to bring it in later or demonstrate it for half of the counts and then put the knee down to be in solidarity with those participants that have tried it but then need to rest.



TRACK 07 - CORE

| Part | Time | Lyrics | Bloc | Exercises | Cts | Reps | Notes |
|------|-------|------------------------------|-------|---|-----|------|-------|
| 1 | 00:00 | Intro | 4 x 8 | Kneeling Side Plank or Hover Set Up L Lie on L side bottom knee bends hand or elbow under shoulder. Hips lift. Inhale/Exhale | 32 | 1 | |
| | 00:23 | Yeeea, I know you like it | 4 x 8 | Kneeling Side Plank Leg Sequence Slow Tempo L R knee bends forwards Foot to floor or lifted Inhale R leg extends Exhale R knee Bends Inhale R leg extends Exhale | 16 | 2 | |
| | 00:41 | You got me feeling the place | 4 x 8 | Kneeling Side Plank Leg Sequence Fast Tempo L | 8 | 4 | |
| | 00:58 | We can reconnect | 4 x 8 | Kneeling Side Plank or Modified Copenhagen L Bottom knee to floor or lift bottom knee L to top knee R. Inhale/ Exhale | 32 | 1 | |
| | 01:16 | Guitar | 8 x 8 | Low or High Plank Option to lift L leg or option to rest for final 32 counts Inhale/ Exhale | 64 | 1 | |
| | 01:49 | I know we're vibing | 4 x 8 | Transition Kneeling Side Plank or Hover Set Up R | 32 | 1 | |
| 2 | 02:07 | We can reconnect | 2 x 8 | Kneeling Side Plank or Hover R | 16 | 1 | |
| | 02:15 | I know we're vibing | 4 x 8 | Kneeling Side Plank Leg Sequence Slow Tempo R | 16 | 2 | |
| | 02:33 | You got me feeling | 4 x 8 | Kneeling Side Plank Leg Sequence Fast Tempo R | 8 | 4 | |
| | 02:49 | We can reconnect | 4 x 8 | Kneeling Side Plank or Modified Copenhagen R | 32 | 1 | |
| | 03:07 | Guitar | 4 x 8 | Low or High Plank Option to lift R leg | 32 | 1 | |





TRACK 08

TRACK 08 - HIPS

Focus: To coach with inclusivity so that everyone feels proud of the hip mobility that they have.

Choreography: This is a floor-based track with the highlight of Modified Kneeling Wild-thing Pose.

The only quick transition is in 90/90 Pigeon pose where you have the option to lift the arms over head and then extend forwards. Only offer this option if the class are comfortably set up in the posture first, if it takes them more time just stay upright and enjoy.

Technique: Pigeon – From Modified Wild-Thing hips sit down front knee is already bending and we take the extended leg behind either to a bent knee 90/90 pose or lengthening away to the back of the room rolling hip towards the floor. Encourage participants to adjust the pose so the knee is comfortable. We are aiming to feel a sensation/stretch and challenge in the groin, inner thigh, outer thigh or hip of the bending leg and stretch in the hip flexor of the back leg.

Coaching: Focus your layer 3 coaching cues around feeling comfortable in the pose, we want to feel the stretch and sensation not pain or discomfort. We also want our body to be able to breathe deeply in each pose to feel the benefit and tell the brain to send signals to our muscles that it's safe to relax and let go. If our breath is shallow or we are in pain, it's an indicator that we've gone too far.

Connection: This is a beautiful track to connect with our class and offer the best most supportive postures for them, catch the eyes of your participants and be there with them in the stretches that are up right like the Straddle Reach and Half Straddle Side Bend.

Performance: This is a wonderful piece of music and choreography to slow down and make the transitions magic. Use the full extension and expression of your arms to create a flowing performance, for example the transition from Half Straddle Side Bend to Modified Wild Thing, the arm sweeps forwards and round.

STAR MOVE – Straddle Reach

The Straddle Reach is a great pose to train our core, hip mobility and posture, bringing awareness to our upper body posture. The most important thing to focus on here is the anterior tilt in the pelvis, aim to lift tail bone up behind whilst maintaining external rotation of the thigh bones in the hips. As we tip forwards the knees aim to stay upwards and don't roll forwards too much. The upper back engaging, thinking collar bones forwards rather than downwards. Hands can always touch the ground to help support the back.



TRACK 08 - HIPS

| Part | Time | Lyrics | Bloc | Exercises | Cts | Reps | Notes |
|------|-------|------------------------------|-------|---|-----|------|-------|
| 1 | 00:00 | Intro | 6 x 8 | Seated Butterfly Pose Inhale/Exhale | 48 | 1 | |
| | 00:40 | Running round | 4 x 8 | Half Straddle Side Bend L R knee bends L leg Extends. Inhale/Exhale Left arm on R thigh, R arm reaches O/H. OPTION arm rests on the inside of leg. Inhale Side bend to L Exhale | 32 | 1 | |
| | 01:03 | These city lights | 4 x 8 | Modified Kneeling Wild Thing L Arms sweep F, R hand comes behind R hip. Inhale R shin and knee kneels to floor hips lift. Exhale L arm reaches back. Inhale/Exhale | 32 | 1 | |
| | 01:28 | Guitar | 4 x 8 | 90/90 or Pigeon R R knee bending L leg behind. Inhale/Exhale Option to Fold forwards. Inhale/Exhale | 32 | 1 | |
| 2 | 01:50 | Running round | 4 x 8 | Half Straddle Side Bend R | 32 | 1 | |
| | 02:14 | These city lights | 4 x 8 | Modified Kneeling Wild Thing R | 32 | 1 | |
| | 02:37 | These city lights (muted) | 4 x 8 | 90/90 or Pigeon L | 32 | 1 | |
| 3 | 03:00 | Guitar | 2 x 8 | Transition to Straddle Option to bend knees | 16 | 1 | |
| | 03:14 | Running round | 4 x 8 | Straddle Chest Opener Hands reach behind chest lifts. Inhale/Exhale | 32 | 1 | |
| | 03:36 | These city lights | 4 x 8 | Straddle Reach Torso tips forwards hold long spine hands reach F or touch floor. Inhale/Exhale | 32 | 1 | |
| | 03:59 | These city lights | 6 x 8 | Straddle Fold Flex spine hands to floor. Inhale/Exhale | 48 | 1 | |





TRACK 09

Focus: To coach my class to use shoulder retraction and depression to enhance their Seated Twist.

Choreography: This track has plenty of time in the poses, the only swift transition is to the Lateral Flexion in Pointer from Thread Needle with Gate Leg Stance, be sure to give yourself a few counts early in the Thread Needle with Gate Leg Stance to cue the transition.

We have added in the option to take an Open Twist (turning chest away from lifted leg) rather than closed Twist (turning chest towards lifted leg), you can see this demonstrated by Tina on the masterclass. This option will help those that don't have as much mobility, those that may struggle for room to twist or those that are pregnant.

Technique: Thread Needle with Gate Leg Stance - this is a lovely pose to invert slightly and enjoy rotating the spine from a different stance. Set up the foot to be grounded and hand placement under the shoulders before you go into the twist. It is optimal to aim for a wide leg Gate Pose to help the hips level, supporting the lower back and the twist in the spine to be gradual. Once you're there the option to lift the top arm is a great opportunity to open the chest more by engaging the shoulder blades into the spine and letting the arm fall back.

Coaching: The focus of this track is to coach to the enhancement you can have in a twist when retracting (squeezing shoulder blades into spine) and depressing (pressing shoulders down away from ears) the shoulder blades in the Seated Twist. If we do this it can improve our posture, it will open the chest and engage the back muscles.

Connection: A great way to make positive connections with our class is to use praise. Especially when it's meaningful and comes from the heart. To use praise in an authentic way, use it when you see your participants trying their best. They will feel good for it and seen by you.

Performance: Focus on clear alignment in your body to create movement that's inspirational to your class. The more we move with care, precision, clarity and attention, the more our class will want to do that too.

STAR MOVE - Seated Twist

The Seated Twist is a classic Yoga Pose that is great for the spine and hip mobility as well as digestion, plus it can help alleviate tension in the back and neck. You can teach this twist as an open or closed twist making it as inclusive as possible, we have the option of placing the foot inside or outside the supporting leg and, if needed, we could offer lengthening the supporting leg along the floor also for participants that need it. Aim to have both sits bones connected to the floor, then lengthen the spine on an inhale first before twisting.



TRACK 09 - SPIRALS

| Part | Time | Lyrics | Bloc | Exercises | Cts | Reps | Notes |
|------|-------|-----------------------|-------|--|-----|------|-------|
| 1 | 00:00 | Intro | 4 x 8 | Table Top Cat Cow Cow. Inhale Cat. Exhale | 32 | 1 | |
| | 00:30 | I've been building on | 4 x 8 | Lateral Flexion in Pointer L L leg lifts reaches to R look over R shoulder. Inhale L leg to L side of body look over L shoulder. Exhale | 16 | 2 | |
| | 00:55 | Speak out | 8 x 8 | Thread Needle with Gate Leg Stance L L foot lands Inhale/Exhale R arm lifts up then threads under L - thread the needle. Inhale/ Exhale Option to lift L arm after 32 counts. Inhale/Exhale | 64 | 1 | |
| | 01:43 | Violins | 4 x 8 | Lateral Flexion in Pointer R | 16 | 2 | |
| | 02:10 | Speak out | 8 x 8 | Thread Needle with Gate Leg Stance R | 64 | 1 | |
| 2 | 02:55 | I've building on my | 4 x 8 | Seated Twist R Set Up Left knee to floor bending, R foot to inside or outside L knee. Inhale/Exhale Twist to right hold R leg with L hand or Prayer hands L elbow on R leg. Inhale/Exhale OPTION Open Twist to L | 32 | 1 | |
| | 03:18 | Speak out | 4 x 8 | Seated Twist R | 32 | 1 | |
| | 03:42 | Speak out | 4 x 8 | Seated Twist L Set Up | 32 | 1 | |
| | 04:07 | Speak out | 4 x 8 | Seated Twist L | 32 | 1 | |
| 3 | 04:32 | Speak out | 2 x 8 | Downdog L side front R back Set Up Step feet closer. Inhale/Exhale | 16 | 1 | |
| | 04:43 | Speak Out | 2 x 8 | Downdog Twist R Hand to L Leg Inhale/Exhale | 16 | 1 | |
| | 04:55 | Quiet outro | 2 x 8 | Downdog Twist L Hand to R Leg | 16 | 1 | |





TRACK 10

Focus: To help our class slow down with the use of deep breathing.

Choreography: This track covers a lot of different stretches for our hips, hamstrings, and spine to help us feel completely released by the end of the class, well prepared for meditation.

We start with a Kneeling Lunge into Kneeling Hamstring Stretch which can feel quick. By pre-cueing the transition to lunge we can be ready to add the arm line into backbend. Therefore keep coaching simple and Layer 3 cues minimal. To help us learn this track know that each pose, with exception of the Hugging Forward Fold and Happy Baby, are 32 counts each.

Technique: Seated Hamstring Extension – this pose is just fantastic not only for stretching our hamstrings but also for challenging our posture. To ensure we are getting the most out of the posture sit tall first, maintain that whilst holding knee to chest and then see where you can lengthen the leg too. It's easy to let our ego take over and go for a straight leg but if we lose our posture then we have lost the full benefits of the pose.

Coaching: The breath is a big focus for Stretch as it will help us slow the body down and feel the full benefit from these nourishing stretches. Make Layer 2 a priority so your class can fully enjoy the benefits of linking the breath and body, calming the nervous system, and finding clarity of mind.

Connection: Look out into the class and really encourage them to move nourishingly. There is no need to push ourselves now, just tune in and move with compassion and care for our bodies prioritising posture.

Performance: The music is filled with emotion in this song. Take time to listen to this track and take inspiration from the lyrics and thread this through into the way that you express yourself in the poses and coach your layer 3 cues.

STAR MOVE – Hugging Forward Fold

The Hugging Forward Fold is an incredibly beneficial moment for our body and mind. Instead of being super active in the fold we can let our body do its thing, whilst holding ourselves in a loving compassionate way.

The Hugging Forward Fold is great for our spine and our legs. If the belly touches the thighs encourage the class to breathe their belly deeply into their thighs to feel the stretch translate deeper into the lower back.



TRACK 10 - STRETCH

| Part | Time | Lyrics | Bloc | Exercises | Cts | Reps | Notes |
|------|-------|----------------------|-------|--|-----|------|-------|
| 1 | 00:00 | Guitar | 4 x 8 | Extended Childs Pose Inhale/Exhale | 32 | 1 | |
| | 00:28 | I'll never leave you | 4 x 8 | Kneeling Lunge with Backbend R R foot lunges forwards, L knee to floor, arms lift midline O/H, Backbend pulling elbows to ribs and then reach Inhale/Exhale | 32 | 1 | |
| | 00:52 | I put my trust | 4 x 8 | Kneeling Hamstring Stretch R Hips pull back over L foot, R leg lengthens both hands to ground. Inhale/Exhale | 32 | 1 | |
| | 01:12 | Only you | 4 x 8 | Kneeling Lunge with Backbend L | 32 | 1 | |
| | 01:42 | What we have | 4 x 8 | Kneeling Hamstring Stretch L | 32 | 1 | |
| 2 | 01:58 | Only you | 8 x 8 | Hugging Forward Fold Knees bend arms hug thighs, torso reaches over legs. Inhale/Exhale | 64 | 1 | |
| | 02:44 | Only you | 4x 8 | Seated Hamstring Extension L R knee floor, L leg extends in front, hands hold thigh, calf or ankle. Option to keep knee bent and focus on posture. Inhale/Exhale | 32 | 1 | |
| | 03:06 | Only you | 4 x 8 | Rock The Baby L L knee bends knee towards L side hold with both hands and carefully rock hip. Inhale/Exhale | 32 | 1 | |
| | 03:30 | I'll never leave you | 4 x 8 | Seated Hamstring Extension R | 32 | 1 | |
| | 03:53 | What we have is so | 4 x 8 | Rock The Baby R | 32 | 1 | |
| 3 | 04:15 | Only you | 4 x 8 | Reverse Plank with Bent Knees Feet to floor, knees bend, hands behind hips to floor, lift hips and chest up. Option: Keep hips to floor. Inhale/Exhale | 32 | 1 | |
| | 04:40 | Only you | 4 x 8 | Supine Twist L Lie on back drop both knees to L side arms wide in line with shoulders. Inhale/Exhale | 32 | 1 | |
| | 05:02 | Guitar | 4 x 8 | Supine Twist R | 32 | 1 | |
| | 05:24 | Guitar | 6 x 8 | Happy Baby or Supine Straddle Hold both thighs or feet bend knees or straighten legs out to side. Inhale/Exhale | 48 | 1 | |





TRACK 11

TRACK 11 - SOUND MEDITATION

Relax the Body - Tune In

Let's begin by tuning in to our body so find a comfortable position for you. This might be lying on your back or your side, it might be seated with you back against a wall. When you're ready close your eyes and begin to bring your awareness inwards. Relaxing your arms by your side turning your palms upwards, open your chest. Let the weight of your legs roll your thighs to the sides. Gently move your head from side to side releasing any tension and then let it settle in a more comfortable space for your head and neck. Take a breath in and direct the energy down your arms all the way into your fingertips and as you hold your breath make a tight fist and squeeze arms and shoulders, suspend the breath and squeeze. and then exhale to release and let go. Take another breath in deep into your belly wider into your ribs and hold that breath squeezing your abdominals tightly, belly button to spine. Suspend that breath and squeeze. and then exhale let go. Take a breath now into your hips, down your legs all the way down to your toes hold that breath and squeeze your toes, thighs, and glutes. Suspend that breath and squeeze tighter. and then exhale to release everything.

Control the breath

Let's move our awareness to our breath. I want you to imagine a box. We are going to breath around those four sides. Taking a breath in for 4,3,2,1. Hold that breath for 4,3,2,1. Exhale for 4,3,2,1. Suspend the breath and hold for 4,3,2,1. Inhale 4,3,2,1. Hold the breath 4,3,2,1. Exhale 4,3,2,1 Hold and suspend 4,3,2,1. Continue with this breathwork practise, keeping that box in your mind and noticing as we control our breath, we start to feel calmer and clearer. Take yourself though more one more round of this breathwork practise and then fall into your own natural breathing pattern. Feeling the rise and fall of your chest.

Clear the mind

I want you to bring your awareness now into what's going on in your mind. Can you start to pierce through the veil of endless thinking, move beyond the inner critic and all its judgment. Start to quieten the mind to find more peace. Notice how good it feels to not be planning the future or studying the past, but to just be open and available for the fullness and the richness of the moment we have right here right now. Recognising when you get lost in thought and bringing yourself back to this present moment, tuning your ears into listening.

Silence

When you're ready start to bring awareness back to your body, wiggling your toes and fingers. If you are lying on the floor, keep you eyes closed, gently push yourself up to a seated position. Try and maintain that open posture, that calmer breath, that clearer mind. Bow your head down and slowly open your eyes keeping your gaze downwards. Take a moment to think of something you are grateful for in your life. Let that bring a smile to your face. Lift your head. Thank you for joining us we hope you enjoyed this SPIRIT release. We look forward to seeing you again soon.



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