

13

# 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



A person is walking a tightrope across a deep canyon. The person is silhouetted against a bright, hazy sky. The canyon walls are steep and rocky, with some vegetation visible on the left side. The overall tone is warm and golden.

**"Courage starts with showing up and letting ourselves be seen."**

**Brené Brown**

**"Life shrinks or expands in proportion to one's courage"**

**Anaïs Nin**

**"Courage isn't the absence of fear but the mastery of it"**

**Victor Hugo**

**"Courage is grace under pressure."**

**Ernest Hemingway**

# - COURAGE -



Release 13 is inspired by the theme of courage, with strong rooted movements, opportunities for full self-expression in the poses and empowering music, we explore what it means to be brave and step outside of our comfort zones in order to feel courageous, and in touch with our own power.

Release 13 is filmed with both vertical and horizontal mat set ups but remember you are welcome to choose the most suitable mat orientation for you and your participants relevant to the space you are in, whilst prioritising your class being able to see you and you facing your class. Avoid, where possible, teaching with your back to the room.

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, in order 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 offered and mix and match tracks from 4 weeks onwards.

Remember you can choose to use either CORE or POSTERIOR in the ALIGN Format.



# PLAYLIST RELEASE 13

A person is walking a tightrope across a deep canyon. The scene is bathed in a warm, golden light, suggesting a sunrise or sunset. The person is in the center of the frame, balancing on a thin line that stretches from the left edge to the right edge. The canyon walls are steep and rocky, with some vegetation visible on the left. The sky is filled with soft, golden clouds.

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

Magic 3:29

Summer Rays 5:48

Fly High 5:55

Lion Heart 4:13

You'll Never Know 6:42

In This Moment 3:08

He Loves Me 3:03

You Can't Keep Up 3:46

Nothing That We Cannot Do 4:53

First And Last 4:44

Awakening/Sleep Easy 5:00



A person is walking a tightrope across a deep canyon. The scene is bathed in a warm, golden light, suggesting a sunset or sunrise. The person is silhouetted against the bright sky, with their arms outstretched for balance. The canyon walls are rugged and rocky, and the sky is filled with soft, golden clouds. The overall mood is one of challenge and achievement.

# TRACK 01

**Focus:** To ground the class in good posture and good energy using intentional coaching.

**Choreography and Musicality:** The choreography for this track is simple. We have two main moves – Qigong Claw and Halo Swipe. Both moves start slowly, and then transform into a combination. We top this off with some energising swings and repeat.

**Technique:** When executing both the Qigong Claw and Halo Swipe, take care to bend the knees in line with the toes and turn from the waist. In both moves, the knees bend when we're twisting. To support the knees, focus on keeping the hips square and turning through the chest and waist with minimal movement in the hips and knees.

**Coaching:** Our track focus is to ground the class in good posture and positive energy. To support this, we can use the track introduction to address all of these aspects. We can set participants' alignment using body part and direction cues, encourage them to take a breath to centre themselves, and then use a Layer 3 cue to set the intention of bringing in a positive energy while delivering it all in a positive tone.

**Performance - Presence and Essence:** This track is called 'Magic', so aim to create a magical experience right from the start by establishing strong eye contact with participants and even using their names. This track provides an excellent opportunity to foster unity and positive energy. Express yourself with great inspiration when moving through the sequences, remembering to breathe deeply. This will encourage the class to engage fully from the very beginning.

Use your most inspiring physical expression when moving through the sequences, breathing deeply. This will encourage the class to start moving to their full capacity straight away.

## **STAR MOVE** – Qigong Claw

This move is loosely inspired by the Qigong Tiger Claw, which is believed to summon and direct energy into the body, opening up the heart and lung channels, and instilling a sense of presence and courage. Enjoy performing this move, feeling both its power and its gentleness. Inhale as you lift your arms through the midline of the body overhead, with the backs of your hands touching. Exhale as you open your arms wide, hands clawing downward, and your chest turning to the side.



# TRACK 01 - WARM UP

Part	Time	Lyrics	Bloc	Exercises	Cts	Reps	Notes
1	00:00	Intro	2 x 8	<b>Set Up</b> Set Feet wide if hips/Shoulder Roll Inhale/Exhale	16	1	
	00:14	The moment you walked in	4 x 8	<b>Qigong Claw Slow</b> Backs of hands connect reach up through midline. Inhale Arms open, knees bend, chest turns L. Exhale. Repeat R	32	1	
	00:30	There's a feeling	4 x 8	<b>Qigong Claw</b>	32	1	
	00:48	With you I think	8 x 8	<b>Qigong Claw Side Lunge Combo</b> Backs of hands connect reach up through midline Inhale L Leg steps to side lunge Arms open, knees bend, chest turns L. Exhale Both legs straighten, arms reach O/H palms press . Inhale L knee bends side lunge Arms open chest turns L. Exhale Repeat R, L, R - last rep step in quicker feet wide of hips, arms O/H	64	1	
	01:24	...surrounding me	4 x 8	<b>Energising Swings with arm circle</b> Bend knees throw arms down, hips go down up down, Exhale Stand tall and reach arms O/H. Inhale. Repeat 3 more times Option to press hands to thighs and keep head above heart	32	1	
	01:40	beats	½ x 8	Hands press down to R hip preparation for halo	4	1	
2	01:43	Let's put this in motion	4 x 8	<b>Halo Swipe Slow</b> Both arms circle O/H, rib cage circle. Inhale Bend knees, hips back, arms wrap round L waist, look back. Exhale Repeat R	32	1	
	02:00	There's a feeling	4 x 8	<b>Halo Swipe</b>	32	1	
	02:18	With you I think	8 x 8	<b>Halo Swipe Combo</b> Both arms circle O/H, rib cage circle, L foot steps out to side lunge, arms wrap round L waist. Inhale / Exhale Side lunge R arms open wide then wrap round R waist. Inhale Side lunge L arms open wide then wrap round L waist. Exhale Repeat R, L, R last rep step in quicker feet wide of hips, arms O/H	64	1	
	02:45	...surrounding me	4 x 8	<b>Energising Swings with arm circle</b>	32	1	
	03:10	L O V	4 x 8	Hands press down, roll down through spine to Forward Fold Exhale Roll up to standing, backs of hands connect reach up through midline. Inhale Arms open wide claw down by sides. Exhale	32	1	





A person is walking a tightrope across a deep canyon. The scene is bathed in a warm, golden light, suggesting a sunset or sunrise. The person is silhouetted against the bright sky, with their arms outstretched for balance. The canyon walls are rugged and rocky, and the sky is filled with soft, golden clouds. The overall mood is one of challenge and achievement.

# TRACK 02

**Focus:** Coach the Curtsy Side-bend with accurate Layer 1 and 2 cues.

**Choreography and Musicality:** This track consists of four rounds. The first two rounds feature lower intensity options, and we introduce higher intensity options in the third and fourth rounds. Remember, you don't have to teach all of the high-intensity options if they aren't suitable for the participants' abilities. Also, teach this track with a mat orientation that allows your participants to see you best. This applies to all of the tracks.

**Technique:** For the Lunge with Backbend ensure that both hips are level with a squeeze of the glutes. Lift up through the spine and chest before reaching backwards to provide the vertebrae in the spine with space to arch.

**Coaching:** Curtsy SideBend - When initiating this move, step the ball of your foot behind the other foot to the floor, keep your hips square, bend your knees, clasp hands overhead, and breathe out. Side-bend over in the direction of the foot that went behind, and breathe in. Lengthen the legs but keep the side-bend, exhale. Then inhale to stand in Extended Mountain Pose. Be clear about the direction you're moving, and ensure you start the curtsy on an exhale to maintain the correct breathing pattern for the Sun Salutation flow. During the forward fold, you want to be exhaling.

**Performance - Presence and Essence:** **Advise**\_(what to improve), **Assist**\_(show them how to do it), **Approve** (Praise them for trying)

Use this tool to help your participants with any technique pointers that you feel they need to be successful in their execution. They will feel seen, supported and educated all at once.

Enjoy flowing with the music through each pose and transitioning into the pose so that there is never any static holding or stagnation. Aim to fill every last beat of the music and push your pose to the edge.

## **STAR MOVE** - Cobra and Up Dog

The Cobra and Up Dog are fantastic ways to extend the spine, bring an invigorating stretch to our hips, abdominals, and chest, and create warmth and connection in our back.

In all of our we intentionally squeeze our glutes. This supports the lower back by redistributing the load into the big muscles at the back of the hips.

In a Cobra, try to use your arm strength minimally. Press lightly through your hands and squeeze your elbows back.

In Up Dog, press down through your feet, activate the front of the thighs (the quadriceps), and actively pull your chest through your arms while squeezing the shoulders back and down.



# TRACK 02 - SUN SALUTATIONS

Part	Time	Lyrics	Bloc	Exercises	Cts	Reps	Notes
1	00:00	Intro	4 x 8	<b>Mountain Pose</b> Extended Mountain Pose Hands lace	32	1	
	00:23	Piano	16 x 8	<b>Sun Salutation L</b> Curtsy Combo L Exhale L foot behind Curtsy Side bend Inhale Straight leg curtsy Exhale Extended Mountain Inhale Forward fold Exhale L Foot B Kneeling lunge Inhale Low Plank Exhale Low Plank Hold Inhale Tricep Lower (option Cat) Exhale Baby Cobra (option Cow) Inhale Downward Dog Exhale L Foot F Kneeling Lunge Inhale Chest lifts fists to hips Exhale Backbend Inhale Forward Fold Exhale Extended Mountain Hands lace Inhale	128	1	
	01:38	You are the one	16 x 8	<b>Sun Salutation R</b>	128	1	
2	02:54	Ahh, ahh, ahhh	16 x 8	<b>Sun Salutation L with higher options</b> Curtsy Combo L Exhale L foot behind Curtsy Side bend Inhale Straight leg curtsy Exhale Extended Mountain Inhale Forward fold Exhale L Foot B high lunge (option kneeling lunge) Inhale High Plank (option Kneeling plank) Exhale 2 Mountain Climbers (option plank hold) Inhale Tricep Lower Knees or Toes (option Cat) Exhale Up Facing Dog or Baby Cobra (option Cow) Inhale Downward Dog Exhale L Foot F High Lunge (option kneeling lunge) Inhale Chest lifts fists to hips Exhale Backbend Inhale Forward Fold Exhale Extended Mountain Hands lace Inhale	128	1	
	04:08	There's only you	16 x 8	<b>Sun Salutation R</b>	128	1	
	05:25	Ahh, ahh, ahhh	4 x 8	<b>Backbend</b> Pull fists to waist Backbend Exhale/Inhale	32	1	





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# TRACK 03

**Focus:** To encourage my class to go for deep range in their Squat Pulses to really feel the intensity of the track.

**Choreography and Musicality:** This track is a journey, we learn the full sequence on the right side then repeat on the left. After this, we have a Goddess Squat Pulse connection and intensity moment before repeating Warrior 1 on the right and left sides.

**Technique:** Eagle arms are a great way to stretch the upper back and shoulders. Some participants may struggle with this move, so if they do, they can either put the back of their hands together, or alternatively, offer them a one-side shoulder stretch by taking an arm across the body and supporting with the other arm.

**Coaching:** Incorporate your layer 3 coaching cues here. Enjoy sharing how the poses make you feel and how you're into the music, which will also bring motivation and determination to the class.

**Performance - Presence and Essence:** Share with everyone how this track and these strong poses make you feel. Don't be afraid to be a little vulnerable here if it's tough for you. This will reassure participants that what they are doing is a challenge, and you're in it with them.

This is a fantastic piece of music to bring everyone into the moment. Feel the uplifting energy and 'fly high' with the moves and the music. To engage and motivate everyone, share the magic of the music through your Layer 3 coaching and your excitement for it through your facial expressions.

## **STAR MOVE** - Warrior 1

Warrior 1 is a great posture to feel strength in both legs, and an opening the hip flexors in the back leg.

Be sure to bend the front knee generously and aim to have the back leg strong by engaging the thigh muscles and rooting down through the outside edge of the foot, with the instep lifting.



# TRACK 03 - STANDING STRONG

Part	Time	Lyrics	Bloc	Exercises	Cts	Reps	Notes
1	00:00	Intro	4 x 8	<b>Goddess Squat Combo Set Up</b> Feet step wide toes turn out. Inhale/Exhale	32	1	
	00:24	Do, do, do	4 x 8	<b>Goddess Squat Combo L</b> Arms cross, hands press to sides at shoulder height. Inhale Fists pull to waist. Exhale L Arm Lifts above head Inhale R Arm Lifts above Head. Exhale	32	1	
	00:43	I've been waiting	8 x 8	<b>Standing Combo L</b> Side Lunge L Knee Bends. Inhale/ Exhale Side lunge arms cross and press to diagonal. Inhale/Exhale High Lunge L knee bends hips square arms O/H hands clasp. Inhale/Exhale Backbend High Lunge. Inhale/Exhale	64	1	
	01:20	We can fly high	8 x 8	<b>Warrior 3 - 1 Combo L</b> Weight shifts forwards to L leg.R leg lifts to Warrior 3 arms open by sides. Inhale/Exhale R foot lands to Warrior 1. Eagle arms L arm F, R arm on top. Backs of hands or Palms Press together. Inhale/Exhale. Option Shoulder stretch.	64	1	
2	02:00	Do, do, do	4 x 8	<b>Goddess Squat Combo R</b>	32	1	
	02:18	I've been waiting	8 x 8	<b>Standing Combo R</b>	64	1	
	02:57	We can fly high	8 x 8	<b>Warrior 3 - 1 Combo L</b>	64	1	
3	03:36	Do, do, do	4 x 8	<b>Goddess Squat Combo L</b>	32	1	
	03:55	...high, up to	4 x 8	<b>Goddess Squat Pulses</b> Pulse hips up and down	32	1	
	04:13	We can fly high	8 x 8	<b>Warrior 1 Eagle - Backbend Combo L</b> Warrior 1 L knee bends R leg back. Eagle arms L arm F, R arm on top. Backs of hands or Palms Press together. Inhale/Exhale Option Shoulder stretch. Warrior 1 Back bend - arms F palms up. Thumbs reach behind, backbend. Inhale/Exhale	64	1	
4	04:52	We can fly high	8 x 8	<b>Warrior 1 Eagle - Backbend Combo R</b>	64	1	
	05:31	Do, do, do	4 x 8	<b>Goddess Squat Combo R</b>	32	1	





A person is walking a tightrope across a deep canyon. The scene is bathed in a warm, golden light, suggesting a sunset or sunrise. The person is silhouetted against the bright sky, with their arms outstretched for balance. The canyon walls are rugged and rocky, and the sky is filled with soft, golden clouds. The overall mood is one of challenge and triumph.

# TRACK 04

**Focus:** To assist my class in choosing the appropriate option for the standing Figure Four or Half Lotus pose.

**Choreography and Musicality:** This track consists of one repeated sequence. It's simple yet effective, focusing on improving balance, coordination, hip strength, and mobility. Choose options that suit your class, and don't feel obligated to demonstrate all of the progressions the first, second or third time you teach this class.

**Technique:** Single Leg Squat – Bend the knee, bring heel to the glute, and hold the ankle or foot with the same side arm or both arms. Then, deeply bend the supporting knee while keeping the entire foot to floor.

**Coaching:** This track requires extremely clear Layer 1 cues, especially when coaching options. Physical demonstration is crucial so that our class feels secure in knowing what to do, allowing them to focus their gaze on a spot ahead rather than constantly looking over to the teacher.

**Performance - Presence and Essence:** The balance track always brings some wobbles, so be sure to support those who may be having an unsteady day with kind words and a smile.

This is a fantastic opportunity to engage your class and display courage through your body. When we lift the knee to the chest arms over head, it's the perfect moment to make eye contact and fully express the shape, reaching as high as possible.

**STAR MOVE** – Figure 4 or Standing Half Lotus

This balancing hip opener is incredible for enhancing hip, glute and ankle stability and mobility. Additionally, it strengthens our core and proprioception.

We have three different variations of this pose, and it's vital to demonstrate the option that is comfortable for the knee while also providing alternatives through coaching and/or demonstration too.



# TRACK 04 - BALANCE

Part	Time	Lyrics	Bloc	Exercises	Cts	Reps	Notes
1	00:00	Intro	4 x 8	Set posture, breath and focus. Inhale/Exhale	32	1	
	00:33	I'm waiting	4 x 8	<b>Standing Figure 4 or Half Lotus Set Up L</b> L knee opens, L foot crosses R ankle, or thigh, or into R hip crease. Fists to waist. Inhale/Exhale L Arm lifts	32	1	
	01:00	I'm never letting me	2 x 8	<b>Standing Figure 4 or Half Lotus Squat L</b> R knee bends, hips back. Inhale/Exhale L arm reaches F. Inhale/Exhale	16	1	
	01:11	I've got the spirit	4 x 8	<b>Single Leg Balance Combo L</b> L knee lifts to chest, stand proud, both arms lift O/H. Inhale L hamstring curl heel to glutes. Fists to waist. (Option L foot to floor behind) Exhale L hand or both hands hold L foot or ankle. Inhale Single leg squat bending R supporting knee. Exhale	32	1	
	01:40	Will roar	4 x 8	<b>Dancers Pose L</b> Lift thigh behind, hips square. R arm reaches F or keeps hold of foot. Inhale/Exhale Tip from hips. Inhale/Exhale	32	1	
2	02:08	Colours bright like	4 x 8	<b>Standing Figure 4 or Half Lotus Set Up R</b>	32	1	
	02:35	I'm never letting	2 x 8	<b>Standing Figure 4 or Half Lotus Squat R</b>	16	1	
	02:49	I've got the	4 x 8	<b>Single Leg Balance Combo R</b>	32	1	
	03:17	Will roar	4 x 8	<b>Dancers Pose R</b>	32	1	
	03:45	Piano	4 x 8	<b>Balancing Backbend</b> Feet come together. Arms reach F palms up. Option to lift onto tiptoes. Inhale/Exhale Thumbs reach behind. Backbend. Inhale/Exhale	32	1	





A person is walking a tightrope across a deep canyon. The scene is bathed in the warm, golden light of a sunset or sunrise, with the sun low on the horizon. The person is silhouetted against the bright sky, with their arms outstretched for balance. The canyon walls are rugged and rocky, and the overall atmosphere is one of challenge and achievement.

# TRACK 05

**Focus:** To maintain my class's attention on what's coming next with an engaging motivating tone of voice.

**Choreography and Musicality:** This track combines Sun Salutations, Standing Strong and Balance together, introducing a new move inspired by the Copenhagen from the previous release. It offers a great exploration and is very energising.

**Technique:** Side lunge – set this move up effectively by taking a wide stance with both feet turning outward. Then, bend the knee and aim to keep the chest upright. Squeezing the glutes will help maintain externally rotated hips.

**Coaching:** This track moves quickly, so continue to use clear Layer 1 coaching cues, especially focusing on body part and direction. On the second side, emphasise breath and encouraging Layer 3 cues.

**Performance - Presence and Essence:** Celebrate your class with plenty of praise in this Track. It's the peak of the class, demanding high energy, so shower your class with praise for their efforts.

Experiment with the tone of your voice: this track is energising and moves fast, especially considering the balance poses. Therefore, use a strong and motivating tone while also being kind and encouraging.

**STAR MOVE** – Copenhagen with Optional Knee Hug

We reintroduce the Copenhagen with a variation where we bring the bottom knee up and forward of the body. Our free arm can hug the leg also if desired.

This move is an excellent strengthener for our lats, shoulders, obliques, and the adductors (inner thighs).



# TRACK 05 - FLOW

Part	Time	Lyrics	Bloc	Exercises	Cts	Reps	Notes
1	00:00	Intro	4 x 8	<b>Goddess Squat Combo Set Up</b> Feet step wide toes turn out. Inhale/Exhale	16	1	
	00:13	Beat	4 x 8	<b>Goddess Squat Combo L</b> Arms cross, hands press to sides at shoulder height. Inhale Fists pull to waist. Exhale L Arm Lifts above head Inhale R Arm Lifts above Head. Exhale	32	1	
	00:28	I'm on a mission	8 x 8	<b>Standing Combo L</b> Side Lunge L Knee Bends. Inhale/ Exhale Side lunge arms cross and press to diagonal. Inhale/Exhale High Lunge L knee bends hips square arms O/H hands clasp. Inhale/Exhale Backbend High Lunge. Inhale/Exhale	64	1	
	01:00	You'll never know	18 x 8	<b>Floor and Side Plank Sequence L</b> Lunge hands to floor. Inhale Step to kneeling, high plank, or table top. Exhale 4 mountain climbers (option to pause). Inhale Tricep Lower or Cat. Exhale Baby Cobra, up-dog or cow. Inhale Downdog (option table top). Exhale Knees to ground. Side plank setup on L hand, L knee to ground, Copenhagen with bottom knee forwards or hug the knee. Inhale/ Exhale Downward Dog. Exhale L leg F to Warrior 1. Inhale/Exhale. Warrior 1 backbend arms wide by sides. Inhale/Exhale Step to L hand side of Mat or top of mat Inhale/Exhale.	144	1	
	02:12	You'll never know	12 x 8	<b>Balance Sequence</b> Standing Figure 4 or half louts. R knee opens, R foot crosses L ankle, or thigh, or into L hip crease. Fists to waist. Inhale/Exhale R Arm lifts L knee bends, hips back. Inhale/Exhale R arm reaches F. Inhale/Exhale R knee lifts to chest, stand proud, both arms lift O/H. Inhale R hamstring curl heel to glutes. Fists to waist. (Option R foot to floor behind) Exhale R hand or both hands hold R foot or ankle. Inhale Single leg squat bending L supporting knee. Exhale Dancers Pose R Lift thigh behind, hips square. L arm reaches F or keeps hold of foot. Inhale/Exhale Tip from hips. Inhale/Exhale	96	1	





# TRACK 05 - FLOW

Part	Time	Lyrics	Bloc	Exercises	Cts	Reps	Notes
2	03:17	Instrumental beat	4 x 8	<b>Goddess Squat Combo R</b>	32	1	
	03:32	I'm on a mission	8 x 8	<b>Standing Combo R</b>	64	1	
	04:06	You'll never	18 x 8	<b>Floor and Side Plank Sequence R</b>	144	1	
	05:16	You'll never	12 x 8	<b>Balance Sequence L</b>	96	1	
	06:20	Instrumental	4 x 8	<b>Goddess Squat Combo L</b>	32	1	



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# TRACK 06

**Focus:** To lead the timing of each move using clear Layer 1 coaching

**Choreography and Musicality:** The choreography for this track is straightforward; the body remains in the same position – on the back in a semi-supine posture – and the intensity of the moves increase as the music develops. To maintain interest and play with the dynamics of the movement, the move stays the same, but the timing varies. One example of this is transitioning from a 2-2 Glute Bridge to a fast lift, hold, and lower for 2 counts.

**Technique:** Full Wheel Pose – if you choose to coach and demonstrate the Full Wheel Pose at the end of the track, ensure your hands are positioned close to your shoulders. Press equally through the hands and feet, lifting the hips, and even the heels to create more space in the spine. Squeeze the glutes to provide support and draw navel in. To deepen the pose, press through the heels and gently push chest through arms.

**Coaching:** Focus on delivering short and concise Layer 1 coaching cues to align with the timing and musicality of each change. For example, during the 2-2 Glute Bridge use cues like “2-2 Glute Bridge”, “Up, up, down, down”, or “inhale to lift, exhale to lower”.

**Performance - Presence and Essence:** Utilise the tone of your voice to capture attention and keep your participants engaged. Since vision will be limited for you and the participants, given the semi-supine position, strive to minimise head and neck movement during the Glute Bridge. . Use a dynamic, motivated, and celebratory tone of voice.

This track is about having fun and sharing the feeling of the burn simultaneously, so keep that in mind both in terms of what you say, and how you say it.

**STAR MOVE** – Mini Glute Bridge

We begin with a Pilates-style pelvic tilt but lift the hips slightly without raising the mid or upper back off of the floor.

This serves as an excellent warm-up for our core muscles and enhances awareness of the slight posterior pelvic tilt needed to activate the glutes.



# TRACK 06 - POSTERIOR

Part	Time	Lyrics	Bloc	Exercises	Cts	Reps	Notes
1	00:00	Intro	4 x 8	<b>Glute Bridge Set Up</b> Lie Semi Supine. On Back, knees bending heels to floor close to glutes. Arms by sides to mat. Inhale/Exhale	32	1	
	00:22	Piano	4 x 8	<b>Mini Glute Bridge Slow</b> Lift hips up off the floor tilting pelvis, maintain upper and part of mid back to floor. Inhale/Exhale	32	1	
	00:38	Beat	4 x 8	<b>Mini Glute Bridge</b> On last rep lift arms O/H. Option no arm lift. Inhale/Exhale	32	1	
	00:55	Melody	4 x 8	<b>2-2 Hip Bridge</b> Lift hips up for 4 counts whilst pressing arms down to mat. Lower hips for 4 counts whilst taking arms O/H. Option no arm movement Inhale/Exhale	32	1	
	01:11	Forever More	4 x 8	<b>Quick Hold Slow Lower Glute Bridge</b> Lift hips up for 2 count whilst pressing arms down to mat, hold for 2 count. Lower hips for 4 counts whilst taking arms O/H. Option no arm movement. Last rep hold up. Inhale/Exhale	32	1	
	01:28	In this moment	4 x 8	<b>Glute Bridge with Knee and Hip Abduction and Adduction</b> Rolling onto outside edge of foot knees press wide. Press whole foot down to floor and realign knees over ankles. Inhale/Exhale	32	1	
2	01:45	Devotion	2 x 8	<b>Pause, Rest or Clasp Shoulders and Stack Hands</b> Inhale/Exhale	16	1	
	01:53	Melody	4 x 8	<b>Single Leg Hip Bridge L</b> Hips lift and lower. Option L toe to floor. Inhale/Exhale	32	1	
	02:11	I wanna wrap	4 x 8	<b>Single Leg Hip Bridge R</b>	32	1	
	02:27	In this moment	4 x 8	<b>Glute Bridge Pulse</b> Pulse hips up and down. Inhale/Exhale	32	1	
	02:43	Devotion	4 x 8	<b>Glute Bridge Pulse or Full Wheel Pose</b> Stay with pulses or take hands by shoulders, press and feet into ground and lift hips into full wheel pose. Inhale/Exhale	32	1	





A person is walking a tightrope across a deep canyon. The scene is bathed in a warm, golden light, suggesting a sunset or sunrise. The person is silhouetted against the bright sky, with their arms outstretched for balance. The canyon walls are rugged and rocky, and the sky is filled with soft, golden clouds. The overall mood is one of adventure and challenge.

# TRACK 07

# TRACK 07 - CORE

**Focus:** To coach the timing of the Pilates Saw Pulses with clarity

**Choreography and Musicality:** This track features three different moves that we explore. We begin with Mountain Climbers, then enjoy Pilates Saw with two different rhythms, and finally, finish with a balance challenge in Wide Leg Balancing Boat Pose.

Be sure to practice the Pilates Saw with three pulses to ensure clarity in musical timing. We turn, reach forwards, back, reach forwards, back, reach forwards, lift, then return to the centre.

**Technique:** Pilates Saw - Place your feet slightly wider than the short edge of mat. For those that find it challenging to sit up tall or reach forwards with straight legs, its okay to bend the knees. Lift your arms to the sides in line with your shoulders. Turn chest to right side, bringing your left hand to outside of right leg. Reach forwards to outside edge of foot while keeping chest open, and the back arm draws back. Sit up with the chest sill turning to the right, and then return the chest to the centre.

**Coaching:** In core tracks, focus on coaching three key aspects for each of the poses.

1) Core engagement. 2) The positioning/alignment of the spine. 3) The breath, in through the nose out through the mouth

**Performance - Presence and Essence:** This track presents a perfect opportunity to connect with our class since we are seated for two-thirds of the track, which is rare in a core track. Let's enjoy this by looking at our class with a smile and utilising our '**Advise, Assist, Approve**' Layer 3 coaching tool. Role modelling great technique with a lifted eye gaze and focused presence will lead to a brilliant performance.

## **STAR MOVE** - Wide Leg Boat Pose

This variation of Boat Pose is exciting, fun and daring. It engages the abdominals and hip flexors, while lengthening the spine and opening the hamstrings and abductors, all while balancing on our sitting bones!

There are three different progressions in this pose, and it's up to you how far you go with them. Always remember that this is a challenge and some participants may fall out of this pose, so let's maintain our sense humour and supportiveness.



# TRACK 07 - CORE

Part	Time	Lyrics	Bloc	Exercises	Cts	Reps	Notes
1	00:00	He loves me	4 x 8	<b>Plank set up</b> Plank position on the knees or toes. Inhale/Exhale	32	1	
	00:21	He wants me	8 x 8	<b>Mountain climbers</b> Knees or toes. Bring One knee forwards or to the outside of the body. Alternate. Option to cross moving leg under supporting leg. Alternate. Inhale/Exhale	8	8	
	00:52	Do it again	4 x 8	<b>Plank Rocks</b> Knees or toes, rock chest forwards and then back. Option to hold. Inhale/Exhale	32	1	
2	01:09	Quite music	4 x 8	<b>Pilates Saw Set up</b> Narrow Straddle position, knees bent or straight. Arms lifted to sides in line with shoulders. Inhale/Exhale	32	1	
	01:25	He loves me	8 x 8	<b>Pilates Saw</b> Chest turns L. R arm reaches to inside or outside of L foot. Lift back up chest still to L. Turn chest F in line with hips. Alternate. Inhale/Exhale	16	4	
	01:55	I'll tell you	8 x 8	<b>Pilates Saw Pulses</b> Chest turns L. R arm reaches to inside or outside of L foot. Lift back up chest still to L. reach and pull back twice more. Turn chest F in line with hips. Alternate. Inhale/Exhale	16	4	
	02:28	Quite music	8 x 8	<b>Wide Leg balancing Boat pose</b> Lean back, bending knees, hold thighs or reach F. Toes stay to floor, lift shins parallel to ceiling or straighten legs and hold ankles or feet. Inhale/Exhale	64	1	



A person is walking a tightrope across a deep canyon. The scene is bathed in a warm, golden light, suggesting a sunset or sunrise. The person is silhouetted against the bright sky, with their arms outstretched for balance. The canyon walls are rugged and rocky, and the sky is filled with soft, golden clouds. The overall mood is one of challenge and achievement.

# TRACK 08



# TRACK 08 - HIPS

**Focus:** To ensure my class knows all the options they can take to feel successful and included

**Choreography and Musicality:** This track is unique and features fantastic yet challenging transitions. Fortunately, we have a wide array of options, allowing us to choose the version that best suits our class's needs.. Take time when learning this track and be well-prepared for what you want to demonstrate to your class before launching. Remember that you can always introduce more advanced options later. Be prompt in pre-cueing the next move so that participants have ample time to get comfortable in the full expression of the pose and enjoy the music.

**Technique:** Half Forward Fold with Internal Hip Rotation is a new addition to Spirit, inspired by the pose Triang Mukha Eka Pada Paschimottanasana in Ashtanga Vinyasa Yoga. This pose allows us to explore internal rotation within our hip joints. When setting up this move, be mindful of your knees and their comfort. Enjoy lowering the knee down carefully and lifting it in your own time. Alternatively, aim to drop the bending knee down to the floor with the heel on the outside of the hip, anchoring both sit bones to the mat. If this feels comfortable, reach forward into a forward fold, using the same arm as the long leg to press into and guide the sit bones down, or holding onto the foot.

**Coaching:** In this track use Layer 3 cues to evoke the feeling of each pose and share it with the class. Practice the moves and write down some descriptive words that align with the theme of COURAGE, keeping them in mind for your teaching.

**Performance - Presence and Essence:** Demonstrating slow, carefully controlled, and graceful transitions, paired with deep breathing, will help inspire your participants to move with care and kindness towards their bodies. By role modelling deep breathing, we not only embody the essence of SPIRIT, but also feel it, enhancing our delivery and presence.

**STAR MOVE** - Pointer to Gate Pose or 3-Legged Down Dog to Half Frog in Sphinx

We offer two different variations for the initial hip-opening movement sequence. The first is Pointer to Gate Pose, which is our most accessible option. The alternative is a more challenging pose, 3-Legged Down Dog to Half Frog in Sphinx. Both of these poses provide benefits of adduction and hip opening. Pointer to Gate Pose is a more supported variation, while 3-Legged Down Dog to Half Frog in Sphinx is a challenging pose that requires back flexibility in extension, open hips, and strong arms to support the transition forward.



# TRACK 08 - HIPS

Part	Time	Lyrics	Bloc	Exercises	Cts	Reps	Notes
1	00:00	Intro	1 x 8	<b>Downward Dog or Table Top Set Up</b>	8	1	
	00:10	Beat	4 x 8	<b>Downward Dog Sequence L</b> Downward dog - L leg 3 leg Dog or table top Pointer. L knee bends hip opens. Inhale/Exhale	32	1	
	00:32	How ironic	4 x 8	<b>Half Frog Pose or Gate Pose L</b> R knee down, L leg comes to side of body in frog pose with knee down around 90 degrees, forearms to floor, or gate pose L leg long to side of body foot down, hands under shoulders. Inhale/Exhale	32	1	
	00:53	Don't Run away	4 x 8	<b>IT Band Stretch or High lunge hip roll L</b> L foot comes F and outside of L hand to a lunge. Toes turn F, big toe lifts role to edge of foot. R hip rolls towards floor L hip on top. L hand to knee or lifts O/H. Lift hips up high and lower reaching free arm to R ankle or roll hip back to lunge hips parallel, keep hand to thigh. Inhale/Exhale	32	1	
2	01:15	Beat	4 x 8	<b>Downward Dog or Table Top Sequence R</b>	32	1	
	01:35	We've been down Don't run away	4 x 8	<b>Half Frog Pose or Gate Pose R</b>	32	1	
	01:57	Don't run away	4 x 8	<b>IT Band Stretch or High lunge hip roll R</b>	32	1	
3	02:18	Can't keep up	8 x 8	<b>Half Forward Fold with Internal Hip Rotation R</b> L leg long, R knee bending, R foot outside of R hip, lower knee and open knee. Take Fold forwards or open knee and then fold forwards. Hands hold leg or foot or press into ground. Inhale/Exhale	64	1	
	03:01	Don't run away	8 x 8	<b>Half Forward Fold with Internal Hip Rotation L</b> Inhale/Exhale	64	1	



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# TRACK 09

**Focus:** To initiate the majority of my cues with breath so that my class are moving with the breath as much as possible.

**Choreography and Musicality:** In this track, we welcome back the Halo, which brings mobility to the spine, connects everything together, and provides us with an opportunity to move gracefully and serenely, while maintaining a powerful stance in a deep Goddess Squat. To synchronise well with the music, be sure to take your time and maximise your range of motion.

**Technique:** In Goddess Squat with Spiral, aim to gently press the knees back with the heels of the hands, while tipping forward with a long spine. Engage the navel up to the spine on the inhale, and on the exhale, drop the left shoulder down and twist to the right, spiralling your eye gaze up to the ceiling if it's comfortable.

**Coaching:** Try to incorporate a Layer 2 cue into the majority of the poses along with a breath cue. The general guideline when twisting is to use the inhale to initiate the lengthening of the spine, or the start of the movement, and then use the exhale for deepening the twist or coming out of the pose.

**Performance - Presence and Essence:** The music in this track is incredibly relaxed and serene. Enjoy the quality of the music and explore how you can embody this serenity in your body and your vocals to create an immersive experience for your class.

## **STAR MOVE** – Straddle Transition

This move adds an unexpected element to Spirals. We've introduced it to make the transition from Supine Twist on one side to the other more graceful and beneficial, offering a great movement for our inner thighs and lower back. Be sure to provide adjustments such as bending the knees and supporting under the thighs with the hands.





# TRACK 09 - SPIRALS

Part	Time	Lyrics	Bloc	Exercises	Cts	Reps	Notes
1	00:00	Intro	2 x 8	<b>Goddess Squat Set up</b> Feet wide, knees bend, torso tips F, hands to inner thighs. Inhale / Exhale	16	1	
	00:27	Low sound	2 x 8	<b>Goddess Squat With Spiral L + R</b> R shoulder lowers chest turns to L. Repeat R. Inhale /Exhale	16	1	
	00:50	I'm feeling good	4 x 8	<b>Goddess Squat Halo Combo L</b> Both arms circle O/H, rib cage circle, L knee bends to side lunge, arms wrap round L waist. Repeat R. Inhale /Exhale	32	1	
2	01:12	The world could	4 x 8	<b>Lunge Twist R</b> Hands come to floor bend R knee, L knee to floor. R arm lifts chest turns R for closed twist. Option L arm lifts, chest turns L for open twist. Inhale /Exhale	32	1	
	01:35	I kinda	8 x 8	<b>Lunge Twist L</b> Transition Inhale /Exhale	64	1	
3	02:09	Low Sound	12 x 8	<b>Supine Twist R</b> Transition to back. Arms wide in line with shoulders. Knees lift, and lower to R side of body. Head looks to ceiling or down L arm. Option Extend top leg Inhale /Exhale	96	1	
	03:16	I kinda	4 x 8	<b>Straddle</b> Roll onto back, both legs wide, knees bent or straight, option hands support underneath or on top. Inhale /Exhale	32	1	
	03:39	I kinda	8 x 8	<b>Supine Twist L</b>	64	1	
	04:24	Low Sound	4 x 8	<b>Straddle</b>	32	1	



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# TRACK 10

**Focus:** To incorporate the theme of COURAGE into my coaching

**Choreography and Musicality:** This track concludes with a very relaxing segment where we spend ample time in the Reclined Butterfly pose. You can savour this time, but you also have the flexibility to allocate more time to the lying hamstring stretches on the right and left if you prefer, and believe that your class needs it, before transitioning into the Reclined Butterfly pose.

**Technique:** Supine Hamstring Stretch – Lengthen one leg, holding somewhere along the leg that's comfortable, and softening the knee as needed. There's an option to lengthen the bottom leg away and a chance to raise the head up off of the floor, using the abdominals to lift the shoulders up too.

**Coaching:** Utilise the extended time at the end of the track when in Reclined Butterfly pose to incorporate your perspective on COURAGE. Then, leave some moments of silence for breath and self-connection.

**Performance - Presence and Essence:** Adjust the pace of your coaching to align with the music. As we are slowing down now, so too should the energy in your voice. Record yourself practicing your teaching points with the music in the background and listen back to determine if you feel you are in harmony with the essence of the track and SPIRIT.

**STAR MOVE** – Seated Half Lotus or Cow Face Pose with Twist

Cow Face pose is an excellent posture for opening up the hips and lower back. However, it demands flexibility in the hips and IT bands, so if the body isn't comfortable in this position, especially the knees, we have a Seated Half Lotus as an alternative to try instead. In both positions, aim to have the sit bones equally pressed into the mat and maintain a long spine before twisting.



# TRACK 10 - STRETCH

Part	Time	Lyrics	Bloc	Exercises	Cts	Reps	Notes
1	00:00	Guitar	4 x 8	<b>90/90 or Pigeon Set Up L</b> L knee F, R leg back bending or lengthening away, hands F to floor for support. Inhale /Exhale	32	1	
	00:20	I imagine	4 x 8	<b>90/90 or Pigeon L</b> L knee F, R leg back bending or lengthening away, hands F to floor for support. L hand reaches L, R hand close to it or on top to create side bend fold. Inhale /Exhale	32	1	
	00:47	I'll look at you the	2 x 8	<b>Seated Half Lotus or Cow Face Pose R</b> R leg comes F to cross in front or on top of L leg in seated half lotus or knees stack for cows face. Arms by sides. Inhale /Exhale	16	1	
	01:04	If there's ever	4 x 8	<b>Seated Half Lotus or Cow Face Pose Twist R</b> Turn Chest R taking L hand across to R leg. Inhale /Exhale	32	1	
2	01:33	You are my	4 x 8	<b>90/90 or Pigeon R</b>	32	1	
	02:01	I'll look at you	2 x 8	<b>Seated Half Lotus or Cow Face Pose L</b>	16	1	
	02:18	If there's ever	4 x 8	<b>Seated Half Lotus or Cow Face Pose Twist L</b>	32	1	
3	02:47	I can see it	4 x 8	<b>Supine Hamstring Stretch L</b> Lie on back, knees bending. Stretch L leg to ceiling holding with hands thigh, calf or foot. Option to lengthen bottom leg, option to curl head and shoulders off of floor, nose to knee. Inhale /Exhale	32	1	
	03:18	If there's ever	4 x 8	<b>Supine Hamstring Stretch R</b>	32	1	
	03:45	Guitar	8 x 8	<b>Reclined Butterfly</b> Lie on back, feet together, knees apart, one hand on heart , one hand on belly. Option prop up on the forearms. Inhale /Exhale	64	1	





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# TRACK 11

# TRACK 11 - SOUND MEDITATION

## MEDITATION SCRIPT

"I'm going to guide you through a 5-minute practise, to help you feel more relaxed, and calm. Leaving you feeling more balanced, and centred. So, find a comfortable position. This might be seated or lying against the ground. Maybe your knees falling into each other, or fully extended along the floor.

Pull your shoulders down your back, away from your ears, and just readjust your head and neck. Let your arms feel heavy by your side, and allow your toes to roll out, feeling open in your body. Start to soften your face, your forehead, your cheeks, and your jaw. Every muscle now melting away.

Feeling the weight of your body against the ground. Feeling supported by the earth beneath you. You have nowhere else to go, and nothing else to do. So, when you're ready and settled, start to close your eyes, and bring your awareness to your breath. Breathing in through your nose, and out through your nose, breathing with ease, feeling the rise and fall of your chest. Breathing in deeper and longer. Breathing out slower and longer. Feeling the ribs expand as we breathe in, and as we breathe out, removing any negative thoughts lingering in your mind.

Now we're going to start to count our breath to help us deepen and lengthen the breath. So, breathe in for the count of 4,3,2,1, breathe out for 4,3,2,1, breathing in 4,3,2,1, exhale and let go 3,2,1. Breathe in with new energy 3,2,1 exhale and release 3,2,1. Continuing this breathwork practise. Any thoughts, allow them to pass you by as you stay anchored to your breath.

Then when you're ready, return back to your own breathing pattern, giving yourself permission that you deserve this. Slowing down, allowing stresses and worries to dissolve, as we bring ourselves back to balance. So be brave, use this time to bring your awareness inwards, as the wisdom and answers you are looking for, exist inside of you. So, as we quieten the mind, look within.

When you're ready, start to bring your awareness back to your breath. Feeling cool air as you breathe in, feeling warmth as you breathe out. Then, awareness back to the physical body, wiggling fingers and toes. If you're lying down, take your time, push yourself over to one side and gently up to a seated position.

Bow your head down with a soft gaze to the floor. Remembering that your struggles are valid, and the courage it takes to face them, is also valid. You are enough. You are capable of everything that you need. So set an intention for yourself. What do you invite into your life? Confidence? Happiness? Peace?

Repeat this to yourself internally ... I choose ... I choose. Whatever life throws at you, know that you can come back to this place of calm, and come back to your intention. Lifting the chest, sitting up tall. Thank you so much for joining us. We look forward to seeing you next time."



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# SPIRIT

MIND • STRENGTH • BODY

