

14

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



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A woman in a blue dress stands on a beach with her arms raised, surrounded by a large flock of birds flying in the sky.

'Freedom is a crucial element in our daily lives, enabling us to make choices, influence our futures, and express our individual identities.'

- FREEDOM -



Release 14 is filmed with a horizontal mat set up but remember you are welcome to choose the most suitable mat orientation for you and your members 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' need and ability. You can stick with slower tempos and all low options if that serves your classes' 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.

**These choreography notes have been created to assist you, the instructor, with precise directional cues while learning the choreography. The accompanying instructor video has been reversed to provide you with a preview of what your participants will be doing during the class.*



A person with their arms raised in a celebratory gesture stands on a sandy beach. The sky is filled with numerous birds in flight, and the overall scene is bathed in a warm, golden light, suggesting a sunrise or sunset. The person's reflection is visible in the wet sand.

PLAYLIST RELEASE 14

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

I'm Doing Good Now

4:03

Flexible

4:41

From The Side

7:02

Nobody Else But Me

4:06

Release

5:34

These Four Walls

4:19

Take A Chance

3:51

Time Waits For No Man

4:18

A Brighter Day

4:14

I'm Free

4:35

Awakening/Sleep Easy

5:00



TRACK 01

Focus: To generate warmth in the body, promote joint mobility and elevate the spirit.

Choreography and musicality: A dynamic sequence alternating between deliberate slow, fast, simple and complex movements.

Technique: When executing the Side Lunge and Goddess Squat Combo, ensure the feet are wide enough to allow depth to the move without twisting or compromising the knees or ankles.

Coaching: Use layered coaching to ensure correct alignment and breath cues to awaken self-awareness in this energetic warm up.

Performance, Presence and Essence: The track is called "I'm doing good now". Tap into the lyrics to create a positive experience and help create an energetic and immersive experience.

STAR MOVE: Side Lunge Goddess Squat Combo

The combination of Side Lunge and Goddess Squat offers a full-body workout. Side Lunge strengthens and tones the legs, enhances hip flexibility, and improves concentration, while the deep Goddess Squat engages the inner thighs, glutes, and core. Together, they provide a balanced blend of strength, flexibility, and stability, promoting overall lower body strength and mindful awareness. This combination is particularly effective in building endurance and promoting a sense of grounded energy.



TRACK 01 - WARM UP

Part	Time	Lyrics	Bloc	Exercises	Cts	Reps	Notes
1	00:00	Instrumental	2x8	Set Up Feet wide, arms by side. <i>Inhale/Exhale</i>	16	1	
	00:14	Instrumental	2x8 2x8	Arm Circles Arms circle Back. <i>Inhale/Exhale</i> Arms circle Forward. <i>Inhale/Exhale</i> (Finish with hands to ribs elbows b)	8 8	2 2	
	00:30	Woke up this	4 x 8	Squat with Push Combo Squat, push hands F. <i>Inhale/Exhale</i> Stand hands to ribs elbows back, mini back extension. <i>Inhale</i> Squat, push hands forward. <i>Exhale</i> Stand arms circle round to side, hands return to ribs. <i>Inhale</i>	4 4 4 4	2	
	00:48	I'm rising up	4 x 8	Squat with Alternating Transfer of Weight [slow] Squat cross arms in front of chest fists clench. <i>Exhale</i> Transfer weight to L, R knee lifts toe to floor or off of floor. <i>Inhale</i> Squat cross arms in front of chest fists clench. <i>Exhale</i> Transfer weight to R, L knee lifts toe to floor or off of floor. <i>Inhale</i>	8 8 8 8	1	
	01:05	Doing good	4 x 8	Squat with Alternating Transfer of Weight [mid-tempo] Squat cross arms in front of chest fists clench. <i>Exhale</i> Transfer weight to L, R knee lifts toe to floor or off of floor. <i>Inhale</i> Squat cross arms in front of chest fists clench. <i>Exhale</i> Transfer weight to R, L knee lifts toe to floor or off of floor. <i>Inhale</i>	4 4 4 4	2	
	01:23	I'm doing good now	4 x 8	Squat with Alternating Transfer of Weight [fast] Squat cross arms in front of chest fists clench. <i>Exhale</i> Transfer weight to L, R knee lifts toe to floor or off of floor. <i>Exhale</i> Squat cross arms in front of chest fists clench. <i>Inhale</i> Transfer weight to R, L knee lifts toe to floor or off of floor. <i>Inhale</i> (Option: stay with mid-tempo)	2 2 2 2	4	
2	01:40	Day is dawning	4 x 8	Reverse Lunge with Push Combo L and R R leg lunges B, push hands F. <i>Exhale</i> Legs straighten hands to ribs elbows b mini back extension. <i>Inhale</i> Bend both knees to lunge, push hands F. <i>Exhale</i> Stand stepping R leg in arms circle round to side, hands return to ribs. <i>Inhale</i> Repeat sequence, L leg stepping back with feet wide.	4 4 4 4 (16)	1	
	01:58	I'm rising	4 x 8	Side Lunge Goddess Squat Combo Left [slow] Side lunge L, L elbow on thigh, R arm O/H to diagonal. <i>Inhale</i> Goddess Squat bending both knees, flex spine F, both arms rounding reaching F. <i>Exhale</i> Side lunge R, R elbow on thigh, L arm O/H to diagonal. <i>Inhale</i> Straighten both legs release arms to side. <i>Exhale</i>	8 8 8 8	1	



TRACK 01 - WARM UP

Part	Time	Lyrics	Bloc	Exercises	Cts	Reps	Notes
2	02:15	Doing good	8 x 8	Side Lunge Goddess Squat Combo Right and L [tempo] Side lunge L, L elbow on thigh, R arm O/H to diagonal. <i>Inhale</i> Goddess Squat bending both knees, flex spine F, both arms rounding reaching F. <i>Exhale</i> Side lunge R, R elbow on thigh, L arm O/H to diagonal. <i>Inhale</i> Straighten both legs release arms to side. <i>Exhale</i> (Option: elbow on thigh or hand to ankle or floor.)	4 4 4 4	4	
	02:50	I'm rising up	4 x 8	Squat with Alternating Transfer of Weight [slow] Option to lift knee.	(32)	1	
	03:07	I'm doing good	4 x 8	Squat with Alternating Transfer of Weight [mid-tempo] Option to lift knee.	(16)	2	
	03:23	I'm doing	4 x 8	Squat with Alternating Transfer of Weight [fast] (Option: to lift supporting heel and/or to stay at mid-tempo.)	(8)	4	
3	03:43	Outro	2x8 2x8	Arm Circles Arms circle back. <i>Inhale/Exhale</i> Arms circle forward. <i>Inhale/Exhale</i>	8 8	2 2	



A woman in a blue dress stands with her arms raised in a gesture of joy or triumph. She is positioned on the left side of the frame, facing away from the viewer. The background is a vast body of water under a bright, hazy sky at sunset or sunrise. A large flock of birds is flying across the sky, their silhouettes visible against the warm light. The woman's reflection is visible in the calm water below her. The overall mood is peaceful and uplifting.

TRACK 02

Focus: To continue to warm the body using forward bends, back bends, twists and jumps.

Choreography and musicality: The track comprises four rounds. The initial two emphasise lower-intensity choices, followed by the introduction of higher-intensity options in the last two rounds. During round two, prioritise cueing the breath to foster participants' connection and awareness of the benefits of breath and movement. Emphasise the importance of choosing the option that aligns with their preferences.

Technique: For the downward dog twist, lift one hand off the mat and reach it towards the opposite ankle, rotating your torso for a gentle twist while keeping a steady foundation.

Coaching: When coaching the Sun Salutation sequence, it's imperative to move through the track at a steady pace, emphasising excellent role model form and precise breath coordination. Break down each pose with clear verbal cues, offering modifications for practitioners at different levels. Highlight the importance of smooth, steady transitions and encourage mindful, present awareness throughout the track. Foster a positive and supportive atmosphere, recognising individual efforts and adjusting using verbal cues as needed.

Performance - Presence and Essence: Employ the AAA approach with participants to ensure a sense of accomplishment throughout this track: *Advise* (highlight areas for improvement), *Assist* (guide them on how to enhance their technique) and *Approve* (acknowledge and praise their efforts). This method fosters both support and education simultaneously. Enjoy seamless movement with music throughout each pose, maintaining a dynamic flow, and acknowledge the sense of release that comes from connecting it to the breath.

STAR MOVE - Pyramid Pose/Hamstring Stretch

From Downward Dog, step one foot forward into a low lunge, then transition carefully into Pyramid Pose, keeping both legs straight and hips squared. Hinge at the hips, leading with the chest towards the extended front leg, planting the foot, and framing it with your hands on the floor. Ensure a gentle hamstring stretch while maintaining a micro-bend in the front knee for joint protection.



TRACK 02 - SUN SALUTATIONS

Part	Time	Lyrics	Bloc	Exercises	Cts	Reps	Notes
1	00:00	Intro	4 x 8	Mountain Pose Extended Mountain/Baby Backbend. <i>Inhale</i>	16 16	1 1	
	00:24	Instrumental Oooh ...Let's get flexible	12 x 8	Sun Salutation L Forward Fold. <i>Exhale</i> Step to Kneeling Plank or Table Top. <i>Inhale</i> Cat or Tricep Lower on knees. <i>Exhale</i> Cow or Baby Cobra. <i>Inhale</i> Downward Dog. <i>Exhale</i> Downward Dog hold. <i>Inhale</i> Downward Dog. <i>Exhale</i> Low Lunge, L Leg F, knee to floor. <i>Inhale</i> Kneeling Hamstring Stretch. <i>Exhale</i> Lunge, back knee lifted. <i>Inhale</i> Forward Fold. <i>Exhale</i> Extended Mountain/Baby Backbend. <i>Inhale</i>	8 8 8 8 8 8 8 8 8 8 8 8 8	1	
	01:23	Oooh	12 x 8	Sun Salutation R Add breath cues.	(96)	1	
2	02:22	...Let's get flexible Oooh align	12 x 8	Sun Salutation L Forward Fold. <i>Exhale</i> Step or Jump to Plank or Kneeling Plank. <i>Inhale</i> Cat or Tricep Lower on knees or toes. <i>Exhale</i> Cow or Baby Cobra or Upward Facing Dog. <i>Inhale</i> Downward Dog. <i>Exhale</i> Downward Dog Twist L hand to R leg. <i>Inhale</i> Downward Dog. <i>Exhale</i> High or Low Lunge, L leg F. <i>Inhale</i> Hamstring Pyramid Stretch or Kneeling Hamstring Stretch. <i>Exhale</i> Lunge, back knee lifted. <i>Inhale</i> Forward Fold. <i>Exhale</i> Extended Mountain/Baby Backbend. <i>Inhale</i>	8 8 8 8 8 8 8 8 8 8 8 8 8	1	
	03:21	...Let's get flexible	12 x 8	Sun Salutation R	(96)	1	
	04:20	Outro	4 x 8	Mountain Pose. <i>Inhale</i> Side bend L. <i>Exhale</i> Mountain Pose. <i>Exhale</i> Side Bend R. <i>Exhale</i>	8 8 8 8	1	



A woman in a blue dress stands with her arms raised in a gesture of joy or triumph. She is positioned on the left side of the frame, facing away from the viewer. The background is a vast, calm body of water under a bright, hazy sky at sunset or sunrise. The sky is filled with a large flock of birds in flight, scattered across the upper half of the image. The water reflects the woman and the birds, creating a symmetrical effect. The overall color palette is dominated by soft yellows, oranges, and blues, giving the scene a dreamy and uplifting feel.

TRACK 03

Focus: This track emphasises building strength, stability, and balance through standing poses. By focusing on proper alignment, muscle engagement, and mindful breath coordination, these poses strengthen the lower body, improve posture, and lay the foundation for advanced postures in the flow. Additionally, they cultivate grounding and stability, encouraging participants to connect with their breath and stay present in the moment.

Choreography and musicality: This sequence is a potent and triumphant one—strong and powerful, with deliberate, slow movements and intense pauses. To maximise the benefits, urge participants to embrace a deliberate pace, enjoy the power of the arm lines, and infuse significance into each moment through intentional movement and breath.

Technique: Fists to centre: Press your knuckles together, palms facing downward, thumbs to sternum, to harness the strength and power of this arm line. Keep your chest open, with shoulder blades pinched together, ensuring a long and resilient spine.

Coaching: With sufficient time in the postures, savour the music and take your time with cueing. Script your layer 1, 2, and 3 cues thoughtfully to motivate the class, encouraging them to embrace the challenge of each posture and be ‘victorious’.

Performance - Presence and Essence: Share your experience with this track; don't hesitate to be a bit vulnerable, especially if it's challenging for you. This helps reassure participants that the track involves real effort and that you're on this journey with them.

STAR MOVE - Humble Warrior

From Warrior 1, interlace fingers behind your back, hinge at the hips to fold forward, and lift your arms overhead for a deep stretch while maintaining a micro-bend in the front knee and focusing on steady breaths. Square your hips, engage your core, and breathe!



TRACK 03 - STANDING STRONG

Part	Time	Lyrics	Bloc	Exercises	Cts	Reps	Notes
1	00:00	Intro	2 x 8	Wide stance Step feet wide, turning toes to the left. <i>Inhale</i>	16	1	
	00:14	Guitar	4 x 8	Warrior 2 Set Up L L knee bends. <i>Exhale</i> Arms lift shoulder height. <i>Inhale</i> Fists to centre. <i>Exhale</i> Hold. <i>Inhale</i>	8 8 8 8	1	
	00:34	I can't lie Just let me	8 x 8	Extended Warrior - Reverse Warrior L Tip torso over L thigh, arms can stay or L arm to thigh. <i>Inhale/Exhale</i> Reverse Warrior Side bend to R, Back hand can rest on thigh if needed. <i>Inhale/Exhale</i>	32 32	1	
	01:12	I, I don't mind	8 x 8	Extended Warrior - Reverse Warrior Arms added L Tip torso over L thigh, arms open R arm high L arm thigh or lower leg. <i>Inhale/Exhale</i> Reverse Warrior Side bend to R, L arm O/H. <i>Inhale/Exhale</i>	32 32	1	
2	01:51	Instrumental	4 x 8	Warrior 2 Set Up R	32	1	
	02:09	I don't wanna	8 x 8	Extended Warrior - Reverse Warrior R	(32) (32)	1	
	02:49	I, I don't mind	8 x 8	Extended Warrior - Reverse Warrior Arms added R	(32) (32)	1	
3	03:27	Instrumental Let me know Let me know	4 x 8	Warrior Set Up Step to Mountain Pose facing R. <i>Exhale</i> Extended Mountain. <i>Inhale</i> Fists to Chest. <i>Exhale</i> Chair Pose. <i>Inhale</i>	8 8 8 8	1	
	03:45	Instrumental Let me know	4 x 8	Warrior Combo L R foot steps back to Warrior 1. <i>Inhale/Exhale</i> Hands clasp behind back. <i>Inhale/Exhale</i>	16 16	1	
	04:04	Guitar	4 x 8	Humble Warrior L Chest lowers, L shoulder towards inside of L knee, hands lift. <i>Inhale/Exhale</i> Chest lifts - option backbend. <i>Inhale/Exhale</i>	32	1	



TRACK 03 - STANDING STRONG

Part	Time	Lyrics	Bloc	Exercises	Cts	Reps	Notes
3	04:24	I, I don't mind	8 x 8	Lunge Twist L Heel lifts to Lunge, arms O/H. <i>Inhale</i> Extended Lunge, Fists to chest. <i>Exhale</i> Lunge Twist chest turns to L side. <i>Inhale</i> (Option: to put R arm on thigh.) Top arm lengthens. <i>Exhale</i> (Option: R arm to come lower along L leg)	16 16 16 16	1	
	05:03	Instrumental	4 x 8	Warrior Set Up Swivel back to face the other side of the mat.	(32)	1	
4	05:22	Instrumental	4 x 8	Warrior Combo R	(32)	1	
	05:41	Violin	4 x 8	Humble Warrior R	(32)	1	
	06:00	I, I don't mind	8 x 8	Lunge Twist R	(64)	1	
	06:38	Outro	5 x 8	Chair Pose Step to L side of mat, Face Front, Extended Mountain Pose. <i>Inhale</i> Fists to chest, Chair Pose. <i>Exhale</i>	16 24	1	



A woman in a blue dress stands with her arms raised in a gesture of joy or triumph. She is positioned on the left side of the frame, facing away from the viewer. The background is a vast, calm body of water under a bright, hazy sky at sunset or sunrise. A large flock of birds is in flight, scattered across the upper half of the image. The woman's reflection is visible in the water below her. The overall color palette is dominated by warm, golden-yellow and light blue tones.

TRACK 04

Focus: To enhance stability, proprioception skills and core strength resulting in better body awareness, improved concentration and sense of wellbeing.

Choreography and musicality: This track seamlessly integrates mixed tempo modes, drawing inspiration from the fluidity of dance movements, including elements from classical ballet, such as the expressive 'attitude' pose. By challenging balance and strength with added complexity, it promotes coordination and control for a dynamic and elegant track.

Technique: Balancing on one side while in motion is intricate and demanding. Encourage participants to touch down as needed throughout the track, reinforcing a sense of success crucial for their enjoyment.

Coaching: The tempo of this track demands clear layer 1 and layer 2 cues, particularly when coaching different options. The pace underscores the importance of providing precise verbal instructions, making clarity crucial for effective guidance.

Performance - Presence and Essence: Anticipate moments of challenge that may induce wobbles and extend support to those experiencing unsteadiness with encouraging words and a warm smile. Acknowledge that fluctuations in balance are a natural part of the journey, fostering a compassionate and inclusive atmosphere within the class.

STAR MOVE - Sweeping Leg B & F / Attitude

Incorporating elements from dance, our balance track introduces the graceful 'attitude' pose. Derived from ballet terminology, 'attitude' involves lifting one leg with a bent knee, promoting balance, strength, and fluidity. This elegant movement encourages stability, proprioception skills, and core strength, promoting an improved sense of body awareness, concentration, and overall well-being.



TRACK 04 - BALANCE

Part	Time	Lyrics	Bloc	Exercises	Cts	Reps	Notes
1	00:00	Guitar Intro	2 x 8	Set up Standing on left side of mat. <i>Exhale</i> Feet under hips. Hands by ribs. Release R heel, knee bends. <i>Inhale</i>	8 8	1	
	00:20	I've been	4 x 8	Single Leg Push and Pull Combo L Single Leg Squat Arm Push F, R toe to floor or lifted [slow]. <i>Exhale</i> Straighten L leg, R foot B to floor or toe towards glutes, arms pull back hands to ribs, mini back extension. <i>Inhale</i> Single Leg Squat Arm Push F, R toe to floor or lifted [fast]. <i>Exhale</i> Straighten L leg, R foot B to floor or toe towards glutes, arms pull back hands to ribs, mini back extension [fast]. <i>Inhale</i> Single Leg Squat Arm Push F, R toe to floor or lifted [fast.] <i>Exhale</i> Bent R knee opens to side toe off or on the floor, arms wide by sides. <i>Inhale</i>	8 8 4 4 4 4	1	
	00:45	I'm never gonna	4 x 8	Balancing Internal and External Hip and Shoulder Rotation L R knee rolls down towards floor, hands roll down towards floor. <i>Exhale</i> R knee rolls up and back, hands roll up and back. <i>Inhale</i>	8 8	2	
	01:10	Eh, eh, eh, eh	8 x 8	Sweeping Leg B and F - Attitude Right leg sweeps B, lean F, arms to R top diagonal. <i>Exhale</i> Right leg sweeps F, lean B, arms to L top diagonal. <i>Inhale</i> (Option: toe down, slow tempo.)	8 8	4	
2	01:34	I'm bout	4 x 8	Transition to R side of mat, step or hop. Single Leg Push and Pull Combo R	(32)	1	
	01:59	I'm never	4 x 8	Balancing Internal and External Hip and Shoulder Rotation R	(32)	2	
	02:25	Eh, eh, eh, eh	8 x 8	Sweeping Leg B and F - Attitude	(64)	4	



TRACK 04 - BALANCE

Part	Time	Lyrics	Bloc	Exercises	Cts	Reps	Notes
3	02:49	Guitar Eh, eh, eh	2 x 8	Star Pose Feet wide, arms cross, lift heels, arms reach wide O/H to a V. <i>Inhale</i> Lower heels, arms by sides. <i>Exhale</i>	8 8	1	
	03:01	I'm never gonna	8 x 8	Balancing Floating Half Moon/Squat Combo L and R L Floating Half Moon, toe down or up, L hand on thigh, R arm O/H. <i>Inhale</i> Goddess Squat bending both knees, flex spine F, both arms rounding reaching F. <i>Exhale</i> R Floating Half Moon, R hand on thigh, L arm O/H. <i>Inhale</i> Straighten both legs release arms to side. <i>Exhale</i> Repeat R.	4 4 4 4 (16)	2	
	03:52	Ringin bell sound	2 x 8	Star Pose Feet wide, lift heels, arms reach wide O/H to a V - hold. <i>Inhale/Exhale</i>	16	1	





TRACK 05

Focus: By seamlessly blending movements from the first four tracks, the Flow track offers the chance to blend together a unique combination of postures, presenting challenges that inspire and invigorate.

Choreography and musicality: With its consistent, strong, and powerful moves harmonising with the music, this track invites participants to delve deeper into the seamless connection of breath and movement, creating a dynamic and immersive experience.

Technique: Transition into Warrior 3 with hands clasped behind your back by extending the back leg straight behind you, shifting weight forward, and hinging at the hips while keeping a straight line from head to heel. Engage the core, square the hips, and maintain balance and focus.

Coaching: In this dynamic track, maintain consistent use of clear Layer 1 coaching cues, particularly when focusing on specific body part and direction. On the second side try and emphasis the breath more along with encouraging Layer 3 cues. Script in breath cues to enhance the class's sensory experience of the postures and facilitate smoother transitions.

Performance - Presence and Essence: Celebrate your class with abundant praise as you reach the peak of the demanding, high-intensity track. Offer enthusiastic acknowledgment of their efforts, experimenting with the tone of your voice—be energetic and self-determined during balance sequences. Employ a strong, motivating tone that remains helpful and encouraging throughout.

STAR MOVE - Revolved Floating Half Moon

In Revolved Floating Half Moon, gracefully transition into a balance on one leg, extending the other leg straight back as you revolve your torso toward the grounded leg. This intricate pose not only strengthens the core and legs but also encourages spinal mobility, while the twist opens the chest, fostering balance, coordination, and heightened mental concentration.



TRACK 05 - FLOW

Part	Time	Lyrics	Bloc	Exercises	Cts	Reps	Notes
1	00:00	Intro	4 x 8	Set Up Standing on left side of mat. <i>Inhale/Exhale</i> Feet under hips. Hands by ribs. Release R heel, knee bends. <i>Inhale/Exhale</i>	16 16	1	
	00:23	I'm ready to	4 x 8	Single Leg Push and Pull Combo L Single Leg Squat Arm Push F, R toe to floor OR knee lifted. <i>Inhale/Exhale</i> Straighten L leg, R foot B to floor OR heel towards glutes, elbows to side ribs, chest lifts to backbend. <i>Inhale/Exhale</i>	16 16	1	
	00:40	Cuz step by Step Just release	10 x 8	Warrior 2 Sequence R Bent R knee opens to side to Warrior 2. <i>Inhale/Exhale</i> Extended Warrior, R elbow on thigh OR hand to ankle. <i>Inhale/Exhale</i> Reverse Warrior R, with Side Bend. <i>Inhale/Exhale</i> Extended Warrior, transition to Balance, hand to thigh. <i>Inhale/Exhale</i> Floating Half Moon R, challenge to reach both arms reach O/H. <i>Inhale/Exhale</i>	16 16 16 16 16	1	
	01:24	Instrumental	18 x 8	Humble Warrior Sequence L Step to Mountain Pose facing R, Extended Mountain Pose. <i>Inhale/Exhale</i> Fists to Chest, Chair Pose. <i>Inhale/Exhale</i> R foot steps back to Warrior 1. <i>Inhale/Exhale</i> Hands clasp behind, Backbend. <i>Inhale/Exhale</i> Humble Warrior, chest lowers, L shoulder to inside of L knee, hands lift. <i>Inhale/Exhale</i> Chest and back heel lifts to Extended Lunge. <i>Inhale/Exhale</i> Warrior 3, hands clasped behind back. <i>Inhale/Exhale</i> Warrior 3, open arms. <i>Inhale/Exhale</i> Revolved Floating Half Moon, R hand down, L hand up, chest turns to L side. <i>Inhale/Exhale</i>	16 16 16 16 16 16 16 16	1	
2	02:45	Instrumental	4 x 8	Single Leg Push and Pull Combo R	(32)	1	
	02:53	I'm ready to	8 x 8	Warrior 2 Sequence L	(64)	1	
	03:56	Instrumental	18 x 8	Humble Warrior Sequence R	(144)	1	
	05:16	Outro	4 x 8	Star pose Feet wide, arms cross, lift heels, arms reach wide O/H to a V - hold. <i>Inhale/Exhale</i>	32	1	





TRACK 06

Focus: The focus is to target the posterior chain, including the back, glutes, and hamstrings. This dynamic track challenges strength, stability, and flexibility.

Choreography and musicality: In this track, there are many options to cater to participants of all levels, providing ample opportunities for variation. Ensure effective pre-cues, encouraging everyone to explore different options, even those they might not typically choose, fostering inclusivity and challenge within the track.

Technique: Form is everything in this track! Reinforce options and remind participants that consistent repetition over the next few weeks will guide them on the journey towards mastering the full tricep lower with a scorpion tail.

Coaching: Concise coaching is imperative. Script different cues and ensure your own technique is on point, taking care to verbally AND visually coach options throughout the track.

Performance - Presence and Essence: Focus on cultivating a stronger and more motivating vocal tone to effectively guide and energise the class. Work on projecting your voice, taking deeper breaths, and authentically sharing how the track resonates with you, enhancing overall presence and essence.

STAR MOVE - Alternating Scorpion Tail with Tricep Lower

The Alternating Scorpion Tail into Tricep Lower and lift is a dynamic sequence in that involves transitioning from a plank position with one leg bent and lifted like a scorpion tail to a series of tricep lowering and lifting motions. This sequence targets the core, shoulders, triceps, and engages the muscles of the lower body. It challenges both strength and flexibility while promoting overall body awareness and control.



TRACK 06 - POSTERIOR

Part	Time	Lyrics	Bloc	Exercises	Cts	Reps	Notes
1	00:00	Intro	4 x 8	Set Up Table Top, hands under shoulders, knees under hips. <i>Inhale/Exhale</i>	32	1	
	00:24	These four walls	4 x 8	Alternating Scorpion Tail R and L R knee lifts back and up. <i>Inhale</i> Lower knee back down to Table Top. <i>Exhale</i> Repeat L.	8 8 (16)	1	
	00:44	These Four Walls	12 x 8	Alternating Scorpion Tail with Tricep Lower R and L [slow] R knee lifts back and up. <i>Inhale</i> Bend elbows: chest B, forearms to floor OR chest F, tricep lower. <i>Exhale</i> Straighten arms. <i>Inhale</i> Lower knee to ground, Table Top. <i>Exhale</i> (Option: knees off the mat in Plank) Repeat L.	8 8 8 8 (32)	3	
	01:40	These Four Walls	4 x 8	Alternating Scorpion Tail with Tricep Lower R and L [fast] R knee lifts back and up. <i>Inhale</i> Bend elbows: chest B, forearms to floor OR chest F, tricep lower. <i>Exhale</i> Straighten arms. <i>Inhale</i> Lower knee to ground, Table Top. <i>Exhale</i> (Option: knees off the mat in Plank) Repeat L.	4 4 4 4 (16)	2	
2	02:01	Runaway, runaway	4 x 8	Childs Pose Recovery {preview options} Participants to rest in child's pose, instructor demonstrates Table Top and Aeroplane options. <i>Inhale/Exhale</i>	32	1	
	02:20	I don't see no	4 x 8	Aeroplane L and R or Table Top Twist Lie on belly, arms wide, chest lifts into back extension. <i>Inhale/Exhale</i> Turn and face R side. <i>Inhale</i> Return to centre. <i>Exhale</i> Turn and face L side. <i>Inhale</i> Return to centre. <i>Exhale</i> Table Top (Option: In Table Top lift left arm, twist to R. <i>Inhale</i> Lower R arm. <i>Exhale</i> . Repeat L.	4 2 2 2 2 2 (16)	2	



TRACK 06 - POSTERIOR

Part	Time	Lyrics	Bloc	Exercises	Cts	Reps	Notes
2	02:39	These four walls	8 x 8	Locust or Cow/Cat Locust chest lift, lower to mat. <i>Inhale/Exhale</i> Locust leg lift, lower to mat. <i>Inhale/Exhale</i> Locust both chest and leg lifts. <i>Inhale/Exhale</i> (Option: Cow/Cat) Transition to Table Top.	16 16 16 16	1	
	03:19	Instrumental	8 x 8	Table Top Clam Pulse R then L Table Top Clam, R knee lifts to side, pulse for 7. <i>Inhale/Exhale</i> Repeat L leg.	16 16	2	
	03:58	Instrumental	4 x 8	Childs Pose	32	1	





TRACK 07

TRACK 07 - CORE

Focus: To target the abdominal muscles, obliques, and hip flexors, promoting stability and control.

Choreography and musicality: Explore the choreography and musicality in this track featuring new moves designed to challenge and captivate your participants over the coming weeks. Prioritise regular practice to familiarise yourself with the movements, master the timing, and navigate the challenges posed by varying tempos, ensuring a confident and engaging teaching experience.

Technique: The bear pose challenges the core through a tabletop position with lifted knees, while the seated half pike with a single leg lift emphasises abdominal strength and balance. Take time to practice these new moves before teaching them. Use mirrors, or perhaps film yourself to ensure you nail it before launching in club.

Coaching: Craft a script for success with this challenging track! Given its intensity, having a clear plan of what to communicate and when is crucial for both your success and that of your class participants. Be well-prepared to guide them through these demanding moves with confidence and precision.

Performance - Presence and Essence: Embrace the spirit of 'Take a Chance'! Inspire with genuine encouragement, motivation, and your authentic self. This track centres on role modelling impeccable technique, radiating positivity with a smile, and fostering genuine connections.

STAR MOVE - Seated Half Pike with Option to lift one leg

Seated Half Pike with the option to lift one leg at a time enhances core strength, promotes flexibility in the hamstrings and hip flexors, and challenges balance and coordination. The pose's mindful movement fosters a strong mind-body connection, making it adaptable for practitioners of various levels while providing benefits for posture, lower back activation, and increased energy flow.



TRACK 07 - CORE

Part	Time	Lyrics	Bloc	Exercises	Cts	Reps	Notes
1	00:00	Intro	4 x 8	Set Up Lie on back, knees bending at 90 degrees lifted over hips, arms by sides. <i>Inhale/Exhale</i> (Option: propped on forearms, knees bent, toes to floor).	32	1	
	00:24	I've been down this	4 x 8	Leg Extension to Half Pike or Forearm Leg Extension R and L R leg extending, bent or straight to 45 degrees OR slide toe along floor. <i>Inhale</i> Lift R leg knee stacks on top of hip to Half Pike. <i>Exhale</i> Lower R leg back to 45 degrees OR slide toe along floor. <i>Inhale</i> Return to start position. <i>Exhale</i> (Option: knee stays bent.) Repeat L.	4 4 4 (16)	1	
	00:41	Ooh look at what	8 x 8	Leg extension to Half Pike with Crunch R and L R leg extending, bent or straight to 45 degrees OR slide toe along floor. <i>Inhale</i> Lift R leg knee stacks on top of hip to Half Pike. Lift chest, flex upper spine into Crunch, hands reach F. <i>Exhale</i> Lower R leg back to 45 degrees AND upper back and head to floor. <i>Inhale</i> Return to start position. <i>Exhale</i> . (Option: knee stays bent.) Repeat L.	4 4 4 (16)	2	
	01:18	instrumental	4 x 8	C-crunch Pulses or stay with Forearm Leg Extension Pulse Crunch lifting chest up and reaching hands behind thighs. <i>Inhale/Exhale</i>	32	16	
2	01:38	There's no doubt inside my mind	4 x 8	Seated Half Pike Set Up Set up sitting upright with legs out in front, hand by hips. <i>Inhale/Exhale</i> (Option: wider with the legs, and/or bend knees.)	32	1	
	01:56	Oh look at what	4 x 8	Seated Half Pike R and L Lift R leg, flex spine, push into hands. <i>Exhale</i> Lower R leg, lengthen spine, release pressure in hands. <i>Inhale</i> Repeat L.	8 8 (16)	2	
	02:13	Take a chance	4 x 8	Seated Half Pike with option to lift Hips R and L Lift R leg, flex spine, push into hands, try to lift hips up and back. <i>Exhale</i> Lower R leg, Lengthen spine, release pressure in hands. Lower hips down to mat. <i>Inhale</i> Repeat L.	8 8 (16)	2	



TRACK 07 - CORE

Part	Time	Lyrics	Bloc	Exercises	Cts	Reps	Notes
3	02:33	Violin	4 x 8	Transition to Bear Hands under shoulders, knees under hips. Toes tuck. <i>Inhale/Exhale</i>	32	1	
	02:50	Take a chance	4 x 8	Knee Hovers Lift knees off of ground. <i>Inhale</i> Lower knees to ground. <i>Exhale</i>	8 8	2	
	03:10	Ooh look at what	4 x 8	Knee Hovers with Twist [slow] Lift knees off of ground Hips lower to R side. <i>Inhale</i> Lower knees to ground. <i>Exhale</i> Repeat L. (Option: knees stay to ground, sway hips.)	8 8 (16)	2	
	03:27	Take a chance	4 x 8	Knee Hovers with Twist [fast] Lift knees off of ground Hips lower to R side. <i>Inhale</i> Hover knees off of mat to the centre or lower knees to ground. <i>Exhale</i> Repeat L. (Option: slow tempo and/or knees stay to ground, sway hips.)	4 4 (8)	4	





TRACK 08

TRACK 08 - HIPS

Focus: To release tension, increase flexibility and improve the range of motion in the hips.

Choreography and musicality: The choreography and music in this track provide ample 'time' to target every area of the hips, fostering a profound sense of release and relaxation. This targeted approach promotes a balanced and rejuvenated feeling, enhancing the overall experience of the track.

Technique: Hip mobility is crucial for overall health, offering benefits such as increased range of motion, reduced risk of injuries, and improved posture. Flexible hips contribute to better athletic performance, prevent back pain, and enhance balance and stability. Maintaining hip mobility supports efficient functional movements, joint health, and optimal pelvic floor function, promoting an active and pain-free lifestyle.

Coaching: Richard Freeman (The Yoga Matrix) emphasises that "Yoga begins with listening," underscoring the crucial role of attentive awareness, particularly when working with the range of motion in the hip joint. Reminding participants to 'listen' and 'pay attention' to what is happening in their body is imperative to achieving success in this track.

Performance - Presence and Essence: Being authentic while teaching a challenging hip track is vital for establishing a genuine connection with participants, inspiring their motivation, and fostering effective communication. Authenticity contributes to your presence and mindfulness, allowing you to respond adeptly to the class's needs. It also encourages a shared vulnerability, creating a supportive atmosphere where participants feel connected and empowered in navigating the challenges of the postures.

STAR MOVE - Mermaid/Quad Stretch

Mermaid Pose/Quad Stretch, is a versatile posture with multifaceted benefits. It enhances hip flexibility, spinal mobility, and core strength. By opening the hips, shoulders, and chest, the pose promotes improved overall flexibility and posture. The engagement required for balance not only strengthens the body but also enhances mental focus, fostering a profound mind-body connection. Additionally, some practitioners find emotional freedom and liberation in hip-opening poses like Mermaid, as these postures are believed to release stored tension in the hips—a region associated with emotional accumulation.



TRACK 08 - HIPS

Part	Time	Lyrics	Bloc	Exercises	Cts	Reps	Notes
1	00:00	Intro	2 x 8	Set Up From kneeling, turn to L side. <i>Inhale/Exhale</i>	16	1	
	00:20	Too late	4 x 8	Pigeon Pose L L knee to 90/90, or pigeon. <i>Inhale</i> L heel to R groin, straighten R leg. <i>Exhale</i> Roll R hip round, square body L. <i>Inhale</i> Lower on to forearms, or head to floor. <i>Exhale</i>	8 8 8 8	1	
	00:50	Time keeps passing	4 x 8	Mermaid/Quad Stretch L Reach R hand to R foot. <i>Inhale</i> Gently pull R foot towards glutes. <i>Exhale</i> Edge R foot to crook of elbow. <i>Inhale</i> L hand O/H to hold R hand in mermaid. <i>Exhale</i>	8 8 8 8	1	
	01:19	Ooh. Ooh	4 x 8	Modified ½ Lotus L R foot on thigh, calf, or cross legged. <i>Inhale/Exhale</i> R hand on floor, L arm reach O/H. <i>Inhale</i> Side bend. <i>Exhale</i>	16 8 8	1	
	01:48	I'm chasing dreams	4 x 8	Hip Rotation Sequence L From a seated position, knees bent, lower both legs to the left. <i>Inhale</i> Return to centre, then lower to the right. <i>Exhale</i> Lower both legs to the left again, and hold in 90/90. <i>Inhale</i> Chest up, sitting, or lying back on your elbows. <i>Exhale</i>	8 8 8 8	1	
2	02:18	Ooh, ooh	4 x 8	Hip Rotation Sequence R	(32)	1	
	02:48	Too late	4 x 8	Pigeon Pose R	(32)	1	
	03:17	Time keeps passing	4 x 8	Mermaid/Quad Stretch R	(32)	1	
	03:47	Ooh, ooh	4 x 8	Modified ½ Lotus R	(32)	1	





TRACK 09

Focus: To enhance spinal mobility, aid digestion, release tension in the back and shoulders, and foster a mindful and meditative aspect in this Spirals track.

Choreography and musicality: With a calming wide leg forward fold and deep spinal twist, this 'Brighter day' track is perfect for bringing the class to a place of stillness and calm. Allow the music to set the rhythm and pace of the breath as you and the class move deeper into the restorative benefits of this rejuvenating track.

Technique: Spirals and twisting postures contribute to improved spinal mobility, encouraging a healthy range of motion. Additionally, these poses aid digestion by stimulating and massaging abdominal organs, release tension in the back and shoulders, and may support detoxification through enhanced circulation and lymphatic drainage. Take time to focus on the breath in this track, allowing any spinal rotation to happen 'naturally'.

Coaching: 'Where forcefulness begins, skilfulness ends.' Encouraging deep rhythmic breaths while twisting can release tension in the diaphragm and provide a sense of release in the deep intercostal muscles. Breath cues are imperative to achieving success and a sense of release in this track. Lengthening the spine before a seated closed twist is crucial as it ensures proper alignment, engages core muscles for stability, maximises the range of motion in the spine, and promotes effective breath control. This mindful approach not only enhances the physical benefits of the twist but also minimises the risk of strain, allowing for a safer and more therapeutic experience.

Performance - Presence and Essence: Enjoy the pace of this track. Slow down. Say less. Let the music guide you.

STAR MOVE - Seated Twist

Sitting, extend one leg straight while hugging the opposite knee into your chest. Inhale to lengthen your spine, and on the exhale, twist towards the bent knee. Hug the knee or place the opposite elbow on the outside of the bent knee and put the other hand behind you for support. Maintain the twist, keeping the spine tall, and breathe deeply. Inhale to lengthen, exhale to twist. Repeat, focusing on breath awareness throughout.



TRACK 09 - SPIRALS

Part	Time	Lyrics	Bloc	Exercises	Cts	Reps	Notes
1	00:00	Intro	4 x 8	Set up Wide Leg Fold Feet wide hands to ground. <i>Inhale/Exhale</i> (Option: knees bending.)	32	1	
	00:29	A change	4 x 8	Wide Leg Twist L R hand F. <i>Inhale</i> Rotate chest L. <i>Exhale</i> L arm up. <i>Inhale</i> Hold twist. <i>Exhale</i>	8 8 8 8	1	
	00:50	Can you	4 x 8	Wide Leg Fold	32	1	
	01:14	We can search	4 x 8	Wide Leg Twist R	(32)	1	
2	01:37	Just stay focused	8 x 8	Hamstring Stretch with Twist R Lower to kneeling Lunge R. <i>Inhale/Exhale</i> Hips back, lengthen R leg to kneeling Hamstring Stretch, Hands to floor. <i>Inhale/Exhale</i> Kneeling Hamstring Stretch with Twist R, arm lifts. <i>Inhale/Exhale</i> Chest rotates to R. <i>Inhale/Exhale</i> . (Option: open twist.)	16 16 16 16	1	
	02:24	We can search for	8 x 8	Hamstring Stretch with Twist L	(64)	1	
3	03:10	Instrumental	2 x 8	Transition to seated with legs in front at hip width, knees bent if needed.	16	1	
	03:22	Can you	4 x 8	Seated Twist L Bend L knee foot to floor. <i>Inhale</i> Closed Twist. <i>Exhale</i> R arm lifts then crosses to outside of R knee. <i>Inhale</i> L hand by L hip. <i>Exhale</i> (Option: open twist.)	8 8 8 8	1	
	03:44	We can search for	4 x 8	Seated Twist R	(32)	1	





TRACK 10

Focus: To increase flexibility, improve posture and promote a sense of ease and openness in the body, contributing to a more relaxed and balanced state.

Choreography and musicality: "I'm free!" The slow steady movement from liberating, energising back bends, to soothing, calming forward bends brings a sense of balance and freedom back in this final track.

Technique: It's all about the pace. We have twisted, pulled, pushed, lifted and lowered our way through a series of challenging tracks. Now is the time to slow everything down and enjoy the sense of freedom we've created not just physically, but also energetically.

Coaching: Guide participants through this gorgeous Stretch track by emphasising mindful breathing, intentional and controlled movements, and providing clear verbal cues. Encourage gradual progression, offer options for different levels, create a relaxing atmosphere, and promote consistency in stretching for improved flexibility and well-being.

Performance - Presence and Essence: Skilful cueing and alignment guidance contribute to effective performance, ensuring participants experience the full benefits of this track. Your presence, characterised by mindful engagement and a genuine connection with the class, enhances the essence of this track, creating a space for relaxation, release, and a deeper mind-body connection.

STAR MOVE - Gorilla Pose

Embrace the grace of Gorilla Pose, a therapeutic stretch that nurtures the hamstrings, calves, and spine, fostering enhanced flexibility and circulation. This pose promotes relaxation, releasing tension in the neck and shoulders. Encourage deep breathing, inviting participants to unwind in the pose, and advise a gradual return to Mountain Pose to prevent any dizziness, ensuring a mindful and soothing transition.



TRACK 10 - STRETCH

Part	Time	Lyrics	Bloc	Exercises	Cts	Reps	Notes
1	00:00	Intro Piano	4 x 8	Set Up Transition to Downward Dog. <i>Inhale</i> Downward Dog. <i>Exhale</i> Walk hands back to feet. <i>Inhale</i> Forward Fold. <i>Exhale</i>	8 8 8 8	1	
	00:30	I've been looking	4 x 8	Extended Mountain to Baby Backbend Reach arms O/H to Extended Mountain. <i>Inhale</i> Baby Backbend, chest up, lean back. <i>Exhale</i> Mountain Pose, stand tall, palms together. <i>Inhale</i> Hands together in prayer to front OR back of the body. <i>Exhale</i>	8 8 8 8	1	
	00:56	I'm Free	4 x 8	Pyramid with Prayer L Step L foot forward to Pyramid. <i>Inhale</i> Fold forward to Pyramid L. <i>Exhale</i> Pyramid L. <i>Inhale</i> Hold Pyramid. <i>Exhale</i> (Option: hold elbows behind the back)	8 8 8 8	1	
	01:22	Piano	4 x 8	Forward Fold/Gorilla Pose Step forward to Fold. <i>Inhale/Exhale</i> Gorilla Pose, hands under feet OR Forward Fold. <i>Inhale/Exhale</i>	16 16	1	
	01:47	I've been searching for	4 x 8	Extended Mountain to Baby Backbend	(32)	1	
	02:10	I'm free	4 x 8	Pyramid with Prayer R	(32)	1	
2	02:38	Piano	2 x 8	Straddle Transition to Straddle, bend knees if needed OR reach F. <i>Inhale/Exhale</i>	16	1	
	03:04	Lower Piano	4 x 8	Straddle Twist L Turning chest to Left, R hand to outside of L thigh. <i>Inhale/Exhale</i> Repeat R. <i>Inhale/Exhale</i>	16 16	1	
	03:28	Piano	4 x 8	Straddle Side Bend L Chest F, lift R arm, side bend over L leg. <i>Inhale/Exhale</i> Repeat R. <i>Inhale/Exhale</i>	16 16	1	
	03:55	Piano	4 x 8	Bridge Pose Sweep R leg round and lie down. <i>Inhale</i> Bend knees, feet hip to shoulder width apart, heels on floor. <i>Exhale</i> Lift hips to Bridge Pose. <i>Inhale</i> Bridge Pose. <i>Exhale</i>	8 8 8 8	1	



A woman in a blue dress stands on a beach with her arms raised, surrounded by a large flock of birds flying in the sky and on the water.

TRACK 11

TRACK 11 - SOUND MEDITATION

MEDITATION SCRIPT

Let's close off our class with some mindfulness, enjoying this beautiful sound meditation track. Bring yourself into a comfortable resting position, either lying on your side or on your back. Gently allow your eyes to close, bringing awareness to the breath.

Today, I'm going to guide you through a 5-minute SLEEP EASY meditation, allowing the breath to flow naturally in and out. Perhaps you want to breathe in through the nose and out through the mouth. Feel free as you inhale, and then exhale... perhaps make an audible sigh. Allow the body to settle into stillness. Feel the gentle rise and fall of the chest and the belly and take a moment to think about what **freedom** means to you—**freedom** of self-expression, **freedom** to succeed, and **freedom** to explore your meditation practice today. As you continue to rest, allow your thoughts to flow freely alongside your breath. Isolate that breath in through the nose and out through the nose now.

For today's breath practice, we're going to practice a simple prolonged exhale. So, breathe in through the nose and a longer breath out. Perhaps you want to count that breath: in for 1, 2, 3, 4, slowly exhale for 5, 4, 3, 2, 1. Again, breathe in, and a longer breath out. With every breath in, draw in good energy; with every breath out, let go of anything that no longer serves you well. As you relax further into meditation, continue to allow the body to be still, allowing your ears to be open to the sounds of the music. As my voice fades into the background, we enter our flow state.

As we slowly draw to the end of our meditation practice, start to bring movement back into the body. Perhaps wriggle fingers and toes, tilting your head from side to side. Perhaps stretch on out, a full body stretch as if you've just woken up. Then either roll onto one side or cradle your head in hand, slowly assisting yourself up from the mat. Bring your left hand to your heart, right hand to your belly. Thank you for joining us today.



14

SPIRIT

MIND • STRENGTH • BODY

