



SPIRIT

MIND • STRENGTH • BODY

15

JOY

INSTRUCTOR CHOREOGRAPHY NOTES

RELEASE 15 JOY

Joy is an emotion of deep pleasure and happiness and this release is dedicated to helping you find joy through movement.

We all find joy in different ways so we invite you to explore the sequences to see what helps lift your spirits, shift negative energy and leave you with an improved sense of well being.



Release 15 is filmed with a horizontal and vertical 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 you participants need and ability.

You can stick with slower tempos and all low options if that serves your classes needs best.

FORMATS

45 Minute ORIGINAL

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

45 Minute ALIGN

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

30 Minute ORIGINAL

Warm Up
Sun Salutations
Standing Strong
Posterior
Core
Stretch

30 Minute ALIGN

Warm Up
Sun Salutations
Balance
Hips
Spirals
Sound Meditation

KEY

L - Left
R - Right
O/H - Overhead

Keep this release fresh by exploring both the ORIGINAL and ALIGN formats offered and mix and match like for like tracks from 4 weeks onwards.

**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.*

Time	Lyrics	Sequence	Rps	Cts	x 8
00:00	Intro	Set Up Feet Hip Width <i>Inhale/Exhale</i>	1	16	2 x 8
00:14	Organ	Head Circle L then R <i>Inhale/Exhale</i>	1	8 + 8	2 x 8
00:22	"Every moment I "	Flying Squat to Backbend Sequence Deep squat hinge from hips, torso tips forwards. <i>Inhale</i> Arms reach back by sides. <i>Exhale</i> Stand tall, arms O/H in a wide V shape. <i>Inhale</i> Add baby backbend. <i>Exhale</i>	2	8 8 8 8	8 x 8
00:55	"I believe"	Static Lunge with Arm Circle and Press L leg steps B to 90/90 lunge, arms circle wide to O/H <i>Inhale</i> Palms press down through the midline. <i>Exhale</i> Repeat arms circle wide to O/H. <i>Inhale</i> Palms press down through midline. <i>Exhale</i> Repeat R	1	8 8 8 8 32	8 x 8
01:28	"Are you feeling"	Alternating Side Lunge with Shoulder Roll Shift weight R, rolling shoulder back. <i>Inhale</i> Shift weight L, rolling shoulder back. <i>Exhale</i>	4	8 8	8 x 8
01:46	"Now I'm here"	Side Lunge with Side Bend Arms open wide at shoulder height. <i>Inhale</i> Bend L knee, side bend L, R arm curves O/H, L arm curves underneath. <i>Exhale</i> Repeat twice more same side Arms open wide at shoulder height. <i>Inhale</i> Arms lower to sides. <i>Exhale</i> REPEAT side lunge with side bend R	1	8 8 32 8 8 64	16 x 8
02:20	"I believe"	Static Lunge with Arm Circle and Press	1	64	8 x 8
02:52	"Are you feeling"	Alternating Side Lunge with Shoulder Roll	4	64	8 x 8
03:10	"Are you feeling"	Alternating Side Lunge with Arm circle Shift weight R, circling arm back, shift weight L, circling arm back. <i>Inhale/Exhale</i>	4	64	8 x 8

Warm Up Delivery



FOCUS

To welcome my class with a positive energy and clear encouraging coaching.

CHOREOGRAPHY & MUSICALITY

There are two transitions to pre cue with plenty of time. 1. Side Lunge Alternating with Shoulder Roll 2. Static Lunge with Arm Circle.

TECHNIQUE

FLYING SQUAT – this pose asks us to have a long spine we endeavour to get our torso parallel to the floor. The pose demands us to shift our hips back, hinge from them, and bend our knees. Pulling arms back by sides or a little higher toward the ceiling will open the chest and activate the upper back muscles and core.

COACHING

This track is dynamic, so script your layer 1 cues, particularly for quick the transitions– Pre cueing the step back to Static Lunge and wide feet placement well in advance of the Side lunge.

PERFORMANCE - ESSENCE & PRESENCE

This is the perfect Warm track to set the tone for a joyous class. This all starts with you and the energy you bring! Use open body language and be enthusiastic about the moves via what you say and how you move your body.

You are the classes inspiration.

STAR MOVE - LATERAL LUNGE WITH SIDE BEND

This move is fantastic for waking up the inner thighs and mobilising the spine as well and engaging the core muscles, in particular the obliques. Notice this is not an extended spine like the extended warrior, rather a c-shaped spine. Be clear with layer 1 coaching that you are staying on the participants right side for 3 reps before resetting and moving over to the left.

SUN SALUTATIONS

It's alright | 6:51

Time	Lyrics	Sequence	Rps	Cts	x8
00:00		Set Up Mountain. Exhale Extended Mountain. Inhale		16 16	2x8
00:24	Piano ... it's alright	Upper Body Circle L, centre, R, centre. <i>Exhale/Inhale</i> R, centre, L, centre. <i>Exhale/Inhale</i>	1	16 16	2x8
00:42	It's alright	Sun Salutation L Forward Fold. <i>Exhale</i> Half lift, hands to thighs. <i>Inhale</i> L leg back to kneeling lunge. <i>Exhale</i> R leg back to kneeling plank. <i>Inhale</i> Tricep lower or Cat pose. <i>Exhale</i> Baby Cobra or Cow pose. <i>Inhale</i> Downward Dog. <i>Exhale</i> L leg forward, kneeling lunge. <i>Inhale</i> Kneeling lunge, arms O/H hands clasped. <i>Exhale</i> Kneeling Lunge side bend L. <i>Inhale</i> Forward Fold. <i>Exhale</i> Extended Mountain, palms together. <i>Inhale</i>	1	8 8 8 8 8 8 8 8 8 8 8 8	12x8
01:42	It's alright ...	Sun Salutation R	1	(96)	12x8
02:38	Maybe I could ease	Sun Salutation L Forward Fold. <i>Exhale</i> Half lift, hands to shin. <i>Inhale</i> L leg back to lunge. <i>Exhale</i> R leg back to plank. <i>Inhale</i> Tricep lower, knees or toes. <i>Exhale</i> Up Dog or Baby Cobra. <i>Inhale</i> Downward Dog. <i>Exhale</i> L leg forward, lunge. <i>Inhale</i> Lunge, arms O/H hands clasped. <i>Exhale</i> Lunge, side bend L. <i>Inhale</i> Forward Fold. Exhale Extended Mountain, palms together. <i>Inhale</i>	1	8 8 8 8 8 8 8 8 8 8 8 8	12x8
03:36	It's alright	Sun Salutation R	1	(96)	12x8

Sun Salutations continues...

Time	Lyrics	Sequence	Rps	Cts	x8
04:35	I know you carry the	<i>Sun Salutations continued</i> Sun Salutation L Forward Fold. <i>Exhale</i> Half lift, hands to floor or shin. <i>Inhale</i> L leg back to lunge. <i>Exhale</i> R leg back to three legged plank, R foot lifted. <i>Inhale</i> Tricep lower, knees or toes. <i>Exhale</i> Up Dog or Baby Cobra. <i>Inhale</i> Downward Dog. <i>Exhale</i> L leg forward, lunge. <i>Inhale</i> Lunge, arms O/H hands clasped. <i>Exhale</i> Lunge, side bend L. <i>Inhale</i> Forward Fold. <i>Exhale</i> Extended Mountain, palms together. <i>Inhale</i>	1	8 8 8 8 8 8 8 8 8 8 8 8	12x8
05:31	It's alright	Sun Salutation R	1	(96)	12x8
06:30	Outro	Baby backbend Hands clasped behind back, baby backbend. <i>Exhale/Inhale</i>	1	32	4x8

Sun Salutations Delivery



FOCUS

To continue to warm the body using forward bends, back bends, and twists, while establishing a consistent focus on the breath.

CHOREOGRAPHY & MUSICALITY

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

TECHNIQUE

Lunge with side bend –a great move to feel a deep stretch in the psoas muscles and builds upon the side bends we did in the warm. Two variations of the lunge with side bend, a kneeling lunge and a high lunge. In both instances hips need to be level, glutes squeezing and core engaged. Lengthen the spine first before side bending.

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 different abilities. Highlight the importance of smooth, steady transitions and encourage mindful, present awareness throughout the track. For variety, think about different ways to coach the breath, e.g. "Deep breath in", "Inhale, exhale", Breathe out and let go" "fill your lungs" etc.

PERFORMANCE - ESSENCE & PRESENCE

You have an option here to teach the sun salutation facing your class. Either turning your mat or simply stepping in front of it, if that suits the space you are teaching in and your participants needs. If your class are looking away from you then think more on how you can use the dynamics of your voice to keep attention and best support them whilst remaining in the Spirit essence.

STAR MOVE - LATERAL LUNGE WITH SIDE BEND

Two upper back spinal circles stretches the upper back deeply in a three dimensional movement pattern. Aim to keep your arms squeezed by your ears the entire time, especially when tipping forwards. The alignment of your arms will stay in alignment with your spine and that way you will feel a deeper stretch through the back as there is a bigger load along your spine.

STANDING STRONG

You Make
Me Wanna | 5:17

Time	Lyrics	Sequence	Rps	Cts	x8
00:00	Intro	Warrior 2 L Set Up Step feet wide, L foot turns to L side, bend L knee to Warrior 2. <i>Inhale/Exhale</i>	1	16	2x8
		Warrior 2 L Hips square to long edge of mat, shoulders over hips. <i>Inhale/Exhale</i> Arms extend to shoulder height, reaching to sides. <i>Inhale/Exhale</i> Hands to waist or laced behind back. <i>Inhale/Exhale</i> Lift L Heel. <i>Inhale/Exhale</i>	1	16 16 16 16	8x8
00:42	You make me	Flying Warrior 2 Sequence L Arms open O/H to a wide V shape. <i>Inhale/Exhale</i> Tip fwd from hips, arms reach back. <i>Inhale/Exhale</i>	2	16 16	8x8
01:11	Disconnection	Triangle L Shorten the stance, hips stay square to long edge of mat. <i>Inhale/Exhale</i> Reach to L side. <i>Inhale/Exhale</i> L hand to shin or floor. <i>Inhale/Exhale</i> Triangle, R arm O/H. <i>Inhale/Exhale</i>	1	16 16 16 16	8x8
01:41	Rejoice	Reverse Triangle – Triangle Sequence L L arm lifts O/H, R arm to R thigh. <i>Inhale</i> Side bend to Reverse Triangle. <i>Exhale</i> Arms to shoulder height, then reach L. <i>Inhale</i> Triangle, reach to L side, L hand to shin or floor, R arm O/H. <i>Exhale</i>	2	8 8 8 8	8x8
02:10	music	Warrior 2 R set up	1	16	2x8
02:17	Ooh you ready	Warrior 2 R	1	(64)	8x8
02:48	Rejoice	Flying Warrior 2 Sequence R	2	(64)	8x8
03:17	Disconnection	Triangle R	1	(64)	8x8
03:47	Rejoice	Reverse Triangle – Triangle Sequence R	2	(64)	8x8
04:16	Never gonna let you	Goddess Squat Heels turn in, toes out, bend knees deep squat, shoulders stay above hips, bend knees and press them back, arms at shoulder height. <i>Inhale/ Exhale</i>	1	16	2x8
04:23	Never gonna let you	Goddess Squat Pulse Pulse hips down and up. <i>Inhale/ Exhale</i>	4	4	2x8
04:31	Rejoice	Goddess Squat Pulse with Twist Add a twist to the L, pulse hips up and down. <i>Inhale/ Exhale</i> Repeat R	2	16 16	8x8
05:01	Outro	Goddess Squat Arms lift to high V, lift the heels. <i>Inhale/ Exhale</i>	1	32	4x8

Standing Strong Delivery



FOCUS

To empower my class with thoughtful layer 3 coaching and use of breath throughout.

CHOREOGRAPHY & MUSICALITY

There is only one quick transition to be aware of in this track and it's from the second Reverse Triangle to Goddess Squat Pulse. Be aware also that we shorten our stance from Warrior 2 to a Triangle. Urge participants to embrace a deliberate pace, enjoy the power of the Goddess Squat Pulse, and infuse significance into each moment through intentional movement and breath.

TECHNIQUE

Arms O/H Sequence To Flying Warrior 2 Sequence- you may find that you and/or your class may not be able to tip as far forwards with the torso without compromising the length of the spine alignment or the bending knee alignment. Focus on pressing the bending knee back engaging glutes. If you see knees falling forwards reduce the range and coach to the knee alignment, be especially aware of this when the heel is lifted.

COACHING

Script your layer 1, 2, and 3 cues thoughtfully to motivate the class, and 'Make them wanna' embrace the challenge of each posture in this standing strong track.

PERFORMANCE - ESSENCE & PRESENCE

Engage your body, connect deeply with the music and its emotional resonance, and attune yourself to the needs of the class before you. Take note of their presence and whether they require additional support. Share your personal experience with the track; don't hesitate to embrace vulnerability, particularly if the track presents challenges for you. Doing so reassures participants that the journey demands genuine effort and that you're fully invested in it alongside them.

STAR MOVE - LATERAL LUNGE WITH SIDE BEND

Plenty of heat in our legs with continued pulsing, then we layer a demand for stability of our hips whilst we turn through the thoracic and cervical spine gifting us with mobility and core strength.

Aim to have both knees pressing over the midline of the foot and back with a squeeze of our glutes no matter where we are turning.

BALANCE

Never had a love
like this | 4:28

Time	Lyrics	Sequence	Rps	Cts	x8
00:00	Intro	Mountain Pose Balance with Twist Mountain Pose, arms F at shoulder height. <i>Inhale/Exhale</i> Lift heels. <i>Inhale/Exhale</i> Arm circle L, turn chest to L side. <i>Inhale/Exhale</i> Arm circle R, turn chest to R side. <i>Inhale/Exhale</i>	1	16 16 16 16	8x8
00:39	I've been feeling blessed	Knee to Chest Pose L Lift L knee to chest, hands hold under thigh. <i>Inhale/Exhale</i> Extend leg forward to hip height. <i>Inhale/Exhale</i>	1	16 16	4x8
00:56	Never be running	Side Leg Extension L Leg extends to the L side of body. <i>Inhale/Exhale</i> Hold the leg extension, R arm extends to R. <i>Inhale/Exhale</i>	1	16 16	4x8
01:14	I finally feel	Tree pose L foot to inside of R leg, arms lower. <i>Inhale/Exhale</i> Lift arms O/H into high V with palms facing F. <i>Inhale/Exhale</i>	1	16 16	4x8
01:31	Never had a love like this	Tree in the Breeze Sequence Side bend L then come back to centre. <i>Exhale</i> Tree pose centre. <i>Inhale</i> Side bend R. <i>Exhale</i> Tree pose centre. <i>Inhale</i>	2	8 8 8 8	8x8
02:06	Now I've been found	Knee to Chest Pose R	1	(32)	4x8
02:24	Never be running	Side Leg Extension R	1	(32)	4x8
02:41	I finally feel	Tree pose	1	(32)	4x8
02:58	Never had a love like this	Tree in the Breeze Sequence	2	(64)	8x8
03:34	Love like this	Mountain Pose Balance with Twist Mountain Pose, arms F at shoulder height. <i>Inhale/Exhale</i> Lift heels. <i>Inhale/Exhale</i> Arm circle L turn chest to L side. <i>Inhale/Exhale</i> Arm circle R turn chest to R side. <i>Inhale/Exhale</i>	1	(64)	8x8
04:09	Outro	Baby Backbend Balance Both arms reach up and back. <i>Inhale</i> Arms clasp behind the back, backbend. <i>Exhale</i>	1	16 16	4x8



FOCUS

To be present and supportive with my class as we sway in Tree in The Breeze.

CHOREOGRAPHY & MUSICALITY

A simple. repetitive choreography that starts how it ends and brings flexion, lateral flexion, rotation and extension to the spine all strengthening our core in and mind in balance poses.

TECHNIQUE

Balancing Extended Mountain with Arm Circle Rotation – Feet in Mountain pose, lifting heels, arms forwards inline with shoulder – palms face inwards. Squeezing thighs and glutes, circle the left arm, up and back turning the chest to the left inhaling, exhale let the arm sweep down and forwards to its starting position chest forwards, – both knees and hips forwards.

COACHING

Coach to the eye gaze, breath, and use clear Layer 1 - Body Part and Direction cues and options for all, including standing on or off of the mat, or moving near a wall and placing either a hand or a foot to it for stability.

PERFORMANCE - ESSENCE & PRESENCE

The focus of this track is “to be present and supportive with my class as we sway in Tree in The Breeze”. This challenge has many benefits if it goes well and even if it doesn’t and you fall off balance. How? It adds strength to our body and mind, if it doesn’t go well we can gain strength in our resilience and our positive attitude.

STAR MOVE - LATERAL LUNGE WITH SIDE BEND

Plenty of heat in our legs with continued pulsing, then we layer a demand for stability of our hips whilst we turn through the thoracic and cervical spine gifting us with mobility and core strength.

This transition challenge is a great strengthener for our deep core muscles, posture muscles and hip muscles. As the leg comes from the front of our body to the side the hip goes into external rotation. Aim to have both our hips level in the side leg extension, deep squeeze of the glutes and a long spine.

Time	Lyrics	Sequence	Rps	Cts	x8
00:00	Intro	Mountain Pose Mountain Pose. <i>Exhale/Inhale</i> Extended Mountain. <i>Exhale/Inhale</i>	1	16 16	4x8
00:20	We see the (Beat ...)	Sun Salutation Sequence L Forward fold. <i>Exhale</i> Half lift, hands to thighs, shins or floor. <i>Inhale</i> L foot back, Lunge, knee down or up. <i>Exhale</i> Kneeling or high Plank or Table Top. <i>Inhale</i> Tricep lower, knees or toes or cat pose. <i>Exhale</i> Baby cobra, up dog or Cow Pose. <i>Inhale</i> Downward dog. <i>Exhale</i> L foot F high lunge knee up. <i>Inhale</i>	1	8 8 8 8 8 8 8 8	8x8
00:54	Let's meet	Lunge – Warrior Sequence L High lunge chest lifts. <i>Inhale</i> Both arms F to shoulder height. <i>Exhale</i> Twist – L arm circles back chest turns to L. <i>Inhale</i> L arm circles forwards, both arms at shoulder height. <i>Exhale</i> Warrior 2 – R arm circles back, R heel lands, hips and chest turn to R side. <i>Inhale</i> Arms by sides to shoulder height, option to lift the heel. <i>Exhale</i> Hands clasped behind back. <i>Inhale</i> Warrior. <i>Exhale</i>	1	8 8 8 8 8 8 8 8	8x8
01:28	guitar	Flying Warrior 2 Sequence L Tip fwd from hips, hands clasped behind back. <i>Inhale/Exhale</i> Chest up, arms open O/H to a wide V shape. <i>Inhale/Exhale</i>	1	16 16	4x8
01:44	So wrapped up in you	Reverse Triangle L Land the heel, straighten the leg, arm lifts O/H, R arm to R thigh. <i>Inhale</i> Side bend to Reverse Triangle. <i>Exhale</i> Mountain Pose.	1	16 12 4	4x8
02:00	All it takes	Balancing Sequence R R Knee to chest pose. <i>Inhale/Exhale</i> Leg extending forward, support with hands. <i>Inhale/Exhale</i> Extend the R leg to the side, both arms wide at shoulder height. <i>Inhale/Exhale</i> L leg to inside of R thigh, tree pose. <i>Inhale/Exhale</i>	1	16 16 16 16	8x8
		<i>Flow continues...</i>			

Time	Lyrics	Sequence	Rps	Cts	x8
02:35	Let's meet	<i>Flow continued</i> Tree in the Breeze Sequence Tree Pose arms lift O/H in high V palms forwards. <i>Inhale/Exhale</i> Tree in the breeze R, centre. <i>Inhale/Exhale</i> Tree in the breeze L, centre. <i>Inhale/Exhale</i> Foot lands, arms up to Extended Mountain, arms slowly sweep back. <i>Inhale/Exhale</i>	1	16 16 16 16	8x8
03:08	Music	Diver Pose Heels lift, hips and arms back. <i>Inhale</i> Hinge forward from hips. <i>Exhale</i>	1	16 16	4x8
03:24	We see the same	Sun Salutation Sequence R	1	(64)	8x8
03:59	Let's meet	Lunge – Warrior Sequence R	1	(64)	8x8
04:32	guitar	Flying Warrior 2 Sequence	1	(32)	4x8
04:48	So wrapped up	Reverse Triangle R.	1	(32)	4x8
05:05	All it takes	Balancing Sequence L	1	64	8x8
05:39	Let's meet	Tree in a Breeze Sequence	1	64	8x8
06:08	outro	Diver Pose	1	32	6x8



FOCUS

To move with beauty and strength in my physical demonstrations of each move to create flow and inspiration.

CHOREOGRAPHY & MUSICALITY

Be aware in the choreography of the small differences, in Warrior 2 we tip forwards with clasped hands first and then it lifts to a high - the reverse of what happens in this movement pattern in Warm and Standing strong.

TECHNIQUE

Technique:

Lunge with arm circle and rotation - arm circle with twist in a high lunge stance. Bend the front knee and pull up the knee of the back leg, squeeze the inner thighs towards one another and lift up belly, with tall posture through the spine, then lift same arms and turn chest towards the knee that is bending.

COACHING

In this track we need clear Layer 1 - body part direction coaching for the first round, sometimes there is only one inhale or exhale per move - especially the beginning part of the flow. Script the most clear and concise way you can get your participants into position.

PERFORMANCE - ESSENCE & PRESENCE

Practice this Flow so you become adapted to it and your body feels safe and confident in the poses. If you're working hard and breathing deeply and confidently, you will inspire your class with beauty and strength.

STAR MOVE - LATERAL LUNGE WITH SIDE BEND

This pose is a wider stance than in Standing Strong which will challenge our balance more as we C-Shape the Spine. Be mindful that for the last few counts we need to quickly transition to mountain pose for the balance section which demands a lot from our legs and core to push out of the posture swiftly.

POSTERIOR

Seize the Day | 4:14

Time	Lyrics	Sequence	Rps	Cts	x8
00:00	intro	Glute Bridge Set Up Lie down, knees bending, feet hip width to floor, arms wide in line with shoulders, palms up to ceiling. <i>Inhale/Exhale</i> Lift hips slowly up off of floor. <i>Inhale/Exhale</i>	1	16 16	4x8
00:43	Wow	Glute Bridge Lower and Lift Sequence Lower hips. <i>Exhale</i> Lift hips. <i>Inhale</i>	4	8 8	8x8
01:22	Seize this day	Glute Bridge Twist with Lateral Reach In Bridge, L hand reaches to R hand, roll onto one shoulder rotating through the mid back, keeping lower back and hips still and level. <i>Inhale</i> Return to arms wide. <i>Exhale</i> R hand reaches to L hand, roll onto one shoulder rotating through the mid back, keeping lower back and hips still and level. <i>Inhale</i> Return to arms wide. Exhale (Option: mid back on the floor, knees bent)	2	8 8 8 8	8x8
02:00	Quiet piano music	Recovery Lower hips to mat, hug knees to chest or stretch long. <i>Inhale/Exhale</i>	1	32	4x8
02:20	Quiet Seize this day	Reverse Table Top Hands behind hips and shoulder distance apart, finger tips to side, feet hip width apart and knees bending, hips and chest lift high off of ground. <i>Inhale/Exhale</i> (Option: stay in bridge pose)	1	32	4x8
02:40	Ain't nobody	Reverse Table Top Lower and Lift Sequence Lower hips. <i>Exhale</i> Lift hips. <i>Inhale</i> (Option: lower and lift in bridge pose)	4	8 8	8x8
03:18	Seize this day	Reverse Table Top Toe Tap Sequence L foot taps F to floor away from body. <i>Inhale</i> L Foot returns. <i>Exhale</i> Repeat R	2	8 8 (16)	8x8
03:57	Seize this day	Reverse Plank Hips stay lifted, extend one or both legs in Reverse Plank. <i>Inhale/Exhale</i>	1	32	4x8

Posterior Delivery



FOCUS

To coach correct, safe alignment and engagement of shoulder girdle in Lateral reach with twist and Reverse Plank pose.

CHOREOGRAPHY & MUSICALITY

In this track, there are 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

Reverse plank – Set the hands shoulder width apart behind hips with finger tips facing the outside edges of the mat. Knees bend, feet hip width apart. Depress shoulders away from ears and retract them back, then lift hips. Maintain shoulder girdle engagement throughout.

Reinforce options and remind participants that consistent repetition over the next few weeks will guide them on the journey towards mastering the reverse plank.

COACHING

Clear coaching of direction of the body – for example you could chose rights and lefts, but it may be more beneficial to prioritise front and back and that way you can get your class to face towards the centre of the room so they have a better chance of seeing what's going on. For example "Back arm reaches to the front of the room, turning our chest to face the front".

PERFORMANCE - ESSENCE & PRESENCE

Coach this track with a motivational vocal tone that builds as the intensity builds – participants will need your positive presence to get to the end of the track and reap the benefits in strength for the hamstrings, glutes, shoulders and back.

STAR MOVE - LATERAL LUNGE WITH SIDE BEND

This is a new move for Spirit and we love it for the challenge in the thoracic spine. Focus on hips staying stable as we turn through our waist reaching hand to hand. To do this plant your feet equally into the floor and try not to have too much swing/sway in the knees or dropping of one hip. Squeeze glutes supporting lower back. Press down through shoulder and arm and stabilize shoulder before and during twisting.

Time	Lyrics	Sequence	Rps	Cts	x8
00:00	intro	Table Top Set Up Hands under shoulders, knees under hips. <i>Inhale/Exhale</i>	1	32	4x8
00:21	Everything bout you	Diagonal Pointer L arm and R leg lift in line with torso at shoulder and hip height. <i>Inhale</i> Open wide to the diagonal. <i>Exhale</i> Come back in line with torso. <i>Inhale</i> Lower L arm and r leg back to table top. <i>Exhale</i> Repeat R arm and L leg.	2	8 8 8 8	8x8
00:52	Lift me up	Diagonal Pointer [fast] L arm and R leg lift in line with torso at shoulder and hip height. <i>Inhale</i> Open wide to the diagonal. <i>Exhale</i> Come back in line with torso. <i>Inhale</i> Lower L arm and r leg back to table top. <i>Exhale</i> Repeat R arm and L leg. (Option keep to slower tempo)	4	4 4 4 4	8x8
01:24	No other	Plank with Alternate Knee Taps High plank tap R knee down, high plank tap L knee down. <i>Inhale/Exhale</i> (Option: ½ plank lift R knee off the floor, then lower, lift L knee off the floor, then lower.)	8	8	8x8
01:57	Looking at me	Recovery Sit back on heels, release wrists. <i>Inhale/Exhale</i>	1	32	4x8
02:12	Trumpets	Plank Set Up Hands under shoulders, toes tucked under. <i>Inhale/Exhale</i> (Option: Forearm plank on knees)	1	32	4 x8
02:29	Lift me up	Rolling Plank Sequence Roll to R side plank, L arm lifts. <i>Inhale</i> Roll back to full plank. <i>Exhale</i> Roll to L side plank, R arm lifts. <i>Inhale</i> Roll back to full plank. <i>Exhale</i> (Option: in forearm plank and knees, roll to R side forearm plank, L arm lifts. <i>Inhale</i> Roll to L side forearm plank, R arm lifts. <i>Exhale</i>)	2	8 8 8 8	8x8
03:01	Come over	Walking Plank From High Plank, lower R arm to floor, lower L arm to floor to low plank. <i>Inhale/Exhale</i> From Low Plank, push up on R hand, push up on L hand to high plank. <i>Inhale/Exhale</i>	4	8 8	8x8
03:33	outro	Plank Hold plank. <i>Inhale/Exhale</i> (Option: forearm plank on knees)	1	32	4x8



FOCUS

To motivate my class through planned moments of connection.

CHOREOGRAPHY & MUSICALITY

This is a challenging track but there are options to reduce the intensity and a planned moment of rest and release halfway through. This is important for a chance to release the shoulders and the wrists, but is also a great opportunity to connect to the music and have some fun with your class.

TECHNIQUE

Diagonal Pointer – Left arm and Right leg lift simultaneously in line with torso at shoulder and hip height, Inhale. Exhale open leg and arm wide to the diagonal corners. Inhale arm and leg return inline with torso, exhale lower L arm and R leg back to table top. The wider you go with the arm and leg the more challenge there will be on the Core.

COACHING

When coaching a Core track it is important to coach to the core brace and breath. Mindfully engage through the core muscles by drawing pelvic floor up and belly button gently in. Use a Pilates style breath work – in through the nose and out through the mouth enabling a more lateral thoracic style of breathing.

PERFORMANCE - ESSENCE & PRESENCE

Plan time to in the track to look out at your class and motivate using any of the following: praise, challenge cues, names, celebration, or technique correction.

STAR MOVE - LATERAL LUNGE WITH SIDE BEND

Rolling Plank or Hover – This is a great move to master full control of your body, work the obliques deeply and build mobile and strong shoulders. Remember to breathe steadily throughout the movement, inhaling as you roll to the side and exhaling as you return to centre, focusing on control and smooth movement.

Time	Lyrics	Sequence	Rps	Cts	x8
00:00	Violins	Wide Leg Forward Fold Feet wide, toes forwards. <i>Inhale</i> Fold forward, hands to floor. Exhale (Option to bend knees)	1	16 16	4x8
00:31	Are we conditioned	Low Side Lunge L L knee bends, hips back and down, hands to thigh or floor. <i>Inhale/Exhale</i> Lower pelvis towards floor and lift R toes. <i>Inhale/Exhale</i>	1	16 16	4x8
00:56	Happiness	Low Side Lunge L with Arm Lift or with Bind R arm lifts to top diagonal, turn chest R, look back, L hand to floor or thigh. <i>Inhale/Exhale</i> R arm wraps around lower back, taking a bind with the L hand. <i>Inhale/Exhale</i> (Option: stay high in side lunge with hands on L thigh)	1	16 16	4x8
01:22	Happiness	Kneeling Lunge L Hands to floor, turn to L side in low kneeling lunge L. <i>Inhale</i> L hand to thigh, chest lifts. <i>Exhale</i> R arm lifts O/H. <i>Inhale</i> Backbend – option stay upright. <i>Exhale</i>	1	8 8 8 8	4x8
01:48	instrumental	Mermaid Lunge L Kneeling lunge L. <i>Inhale</i> R hand to R foot, slide R foot into crease of R elbow. <i>Exhale</i> Square chest and hips to L side. <i>Inhale</i> Lift L arm O/H, and behind head to bind R hand. <i>Exhale</i>	1	8 8 8 8	4x8
02:13	Violins	Wide Leg Forward Fold	1	(32)	4x8
02:38	I'd give anything	Low Side Lunge R	1	(32)	4x8
03:05	Happiness	Low Side Lunge R with Arm Lift or with Bind	1	(32)	4x8
03:30	Happiness	Kneeling Lunge R	1	(32)	4x8
03:55	Happiness	Mermaid Lunge R	1	(32)	4x8
04:22	outro	Child's Pose Sit back on heels in child's pose. <i>Inhale/Exhale</i>	1	16	2x8



FOCUS

To coach encouraging mindfulness and kindness as we explore our hip opening poses.

CHOREOGRAPHY & MUSICALITY

This track gives us plenty of time in each of the poses, we have deep hip stretches targeting the inner thighs, quadriceps and hamstrings, with options for two different binds. If kneeling isn't for the demographic in your class then you could adapt this track to be all seated. The Wide Leg Forward Fold could become a seated Straddle, the Side Lunge can become a half straddle with side bend and the kneeling lunge with backbend can become a 90/90 or pigeon.

TECHNIQUE

Lunge with Mermaid bind – come out of the backbend first, turn chest reach back for ankle, take a quad stretch. Shift weight forwards onto thigh not weight bearing directly on knee cap, square hips and chest to front leg, aim to keep inner thighs squeezing inwards and together for stability and try not to let the back completely arch, option to bind top arm.

COACHING

Think about what is necessary to say and how you would say it to keep within the essence of this hip track – for our hips to open and gain flexibility our mind and body must feel safe, how do we feel safe/safe? By breathing deeply and adopting a posture that is comfortable for our unique body.

PERFORMANCE - ESSENCE & PRESENCE

A beautiful feel to this piece of music. Listen to the song and see what stands out for you – how does it make you feel? Use this as inspiration for your coaching, it's not just in what you say but how you say it – what's the tone of your voice, your facial expression and where are you looking

STAR MOVE - LATERAL LUNGE WITH SIDE BEND

The option for the arm bind brings opportunity for deep shoulder and chest stretching as well as hips. Be mindful that the shoulder joint is the most mobile but also the most unstable joint in the body, so if there is any discomfort in the bind it is an indication to release the pose, control and smooth movement.

SPIRALS

Spiraled Heart | 3:40

Time	Lyrics	Sequence	Rps	Cts	x8
00:00	Intro	90/90 Set Up L L leg F, knee bends, shin parallel to front edge of mat, R knee to side, shin parallel to R side of mat. <i>Inhale/Exhale</i>	1	8	1x8
00:13	Spirals	90/90 with Twist L Turn chest to L, place both hand to L. <i>Inhale</i> Bring R forearm to mat and press into L hand to turn through waist. <i>Exhale</i> Look behind you. <i>Inhale</i> Hold the twist. <i>Exhale</i>	1	8 8 8 8	4x8
00:40	It's not the	90/90 Hip Lift with Twist L L hand under L shoulder, lift hips up. <i>Inhale</i> Press hips F squeezing glutes, reach R arm O/H. <i>Exhale</i> Turn chest to left. <i>Inhale</i> Turn chest up. <i>Exhale</i>	1	8 8 8 8	4x8
01:15	It's complicated	Seated Twist L Sit both hips down. <i>Inhale</i> Bring R foot inside or outside L knee. <i>Exhale</i> Turn chest to R and sit tall. <i>Inhale</i> L arm hugs R leg, R back as a support. <i>Exhale</i> (Option: Open Twist)	1	8 8 8 8	4x8
01: 50	instrumental	90/90 Set Up R	1	(8)	1x8
01:59	Spirals	90/90 with Twist R	1	(32)	4x8
02:25	It's not the	90/90 Hip Lift with Twist R	1	(32)	4x8
03:00	It's complicated	Seated Twist R	1	(32)	4x8



FOCUS

To master the coaching of breath for each twist – Inhale lengthen spine, exhale deepen twist.

CHOREOGRAPHY & MUSICALITY

With only 3 calming poses, this 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

Hip lift with twist – aim for rotation in the thoracic and cervical spine. Press hips forwards squeezing glutes to stabilize the hips and lower back, turn through the middle and upper spine, chest facing side, eye gaze to floor.

COACHING

Encouraging deep, rhythmic breaths during twists can release tension in the diaphragm and offer relief to the intercostal muscles. Breath cues are crucial for achieving success and relaxation in this track. Before engaging in a seated closed twist, prioritising spine lengthening ensures proper alignment, engages core stability, maximises spinal range of motion, and promotes effective breath control. This mindful approach enriches the physical benefits of the twist while minimising the risk of strain, facilitating a safer and more therapeutic experience.

PERFORMANCE - ESSENCE & PRESENCE

The pace of the music is slowing us down, slowing our movement and our breath down. Be aware of this and allow it to reflect in your voice by softening its tone.

STAR MOVE - LATERAL LUNGE WITH SIDE BEND

A new variation of 90/90 that encourages a gentle twist in the spine. Take arms and chest and hands to where the spine will comfortably turn. To deepen we lean forwards placing right forearm to ground, bending left elbow and pressing into left hand.

STRETCH

See Myself in
your Eyes | 3:56

Time	Lyrics	Sequence	Rps	Cts	x8
00:00	Intro	Forward Fold Legs out in front, straight legs or knees bending as needed. <i>Inhale</i> Fold forward, hands to feet or relaxed by sides. <i>Exhale</i> Soften the lower back, folding. <i>Inhale</i> Hold the fold. <i>Exhale</i> Sitting up. <i>Inhale</i> Transition to lying on your back, knees bent, feet on floor. <i>Exhale</i>	1	8 8 8 8 8 8	6x8
00:44	I used to	Half Happy Baby R Bend R knee outside of torso, foot with R hand, L knee stays bent. <i>Inhale</i> Extend L arm wide in line with L shoulder. <i>Exhale</i> Ease R thigh towards the floor, keeping lower back and pelvis stable. <i>Inhale</i> Hold the half happy baby. <i>Exhale</i> (Option: seated bring R foot to inside of L leg, knee drops wide in a half forward fold.)	1	8 8 8 8	4x8
01:09	You, fall asleep	Figure 4 R Take R ankle above L knee in figure 4. <i>Inhale</i> Reach back behind leg and draw L leg towards chest. <i>Exhale</i> Draw L leg closer to chest. <i>Inhale</i> Hold figure 4. <i>Exhale</i> (Option: draw legs to chest, holding L thigh with both hands.)	1	8 8 8 8	4x8
01:35	I see myself	Supine Twist with Figure 4 L Arms wide. <i>Inhale</i> Lower legs to L side of body. <i>Exhale</i> Stay in figure 4 position. <i>Inhale</i> Hold figure 4 twist. <i>Exhale</i> (Option: to keep figure 4 shape with legs or uncross and bring knees together.)	1	8 8 8 8	4x8
02:01	I used to live	Half Happy Baby L	1	(32)	4x8
02:26	You,, fall asleep	Figure 4 L	1	(32)	4x8
02:51	I see myself	Supine Twist with Figure 4 R	1	(32)	4x8
03:17	I see myself	Curved Supine Side Bend Hands clasp O/H, L foot on top of R. <i>Inhale</i> Reach over to R side in a banana shape, lying side bend. <i>Exhale</i> Repeat R side Finish in Corpse Pose	1	(32)	8x8



FOCUS

To leave space in my coaching to let the music shine through.

CHOREOGRAPHY & MUSICALITY

If lying on the back for a prolonged period of time is not something your participant can do we can offer a half forward fold instead of the half happy baby, a propped up figure four and knee drop for the twist.

TECHNIQUE

Half happy baby – Lying on the back with both feet to the ground knees bent, take the back thigh to the outside of the torso and hold thigh, ankle or foot, left hand, ground both hips, relax lower, mid, upper back, and head to floor, front hand to ground front hip.

COACHING

Aim to say less, use simple layer 1 and 2 coaching, say what needs to be said and then leave silence. More time to prepare the mind and body for relaxation.

PERFORMANCE - ESSENCE & PRESENCE

Towards the end of this track you might like to encourage your class to contemplate what they need to feel more of now? Is it joy, relaxation, calm or understanding or something else? Only they know.

STAR MOVE - LATERAL LUNGE WITH SIDE BEND

A great pose for releasing the spine and hips and feeling relaxed. Option to stay in the figure 4 stretch which will deepen the spinal twist for some and bring the stretch into the IT band. This is only an option, if you notice you or your classes shoulders are lifting off of the floor or they look tense and are holding breath then release the legs completely and focus on the spinal release.

SOUND MEDITATION

Over the next 5 minutes we're going to enjoy our relaxing sound meditation. Let's listen to calming music and help restore our body, start by finding a place that feels safe and comfortable for you. This may be lying on your back, your side, or even sat up. This is your precious time for you, so close your eyes and let your body relax, releasing tension. If you're lying on your back maybe take your arms and legs away from the mid-line, allowing your toes to roll outwards opening the hips, and let your palms face up to open the chest and shoulders more. If you're on your side, focus on feeling the weight of your body on the ground, and if you're seated, relax your shoulders down and soften through your face.

Bring your focus to your breath, start by taking full breaths in and out. Breathing in deeply to fill your lungs and expand your ribs and breathe out deeply to release tension. Begin to lengthen the time you take to inhale and exhale. Breathing in happiness and exhaling any of today's stresses. Breathe in wider and fuller and as you breathe out see how heavy your body can become. Take 2 more long breaths in and out and then allow your breath to relax into its natural effortless pattern and feel it's calming affects.

As you rest here, feel proud of your achievements today, both inside and outside of our Spirit class. Acknowledge these thoughts and then take time to clear your mind. Try to let go of external thoughts and just focus on this moment. Take precious time to focus on you, and you only, escaping from our busy schedules to reset our minds and bodies, escaping any stress or worry. Use this time to reward your body for it's hard work and give it vital recovery time, ready to face whatever arises tomorrow.

Now, enjoy silence, immerse yourself in the beautiful music or keep your focus on your breath if you find it harder to relax.

Bring your focus now to your body and how it feels. Feel where it lays or sits and start to breathe a little deeper again, using your breath to re-energise your body and then bring some gentle movement through your body, maybe moving fingertips and toes, the ankles and wrists and maybe turning your head side to side.

In your own time, make your way to a seated position. Breathe in to find height, exhale and open your eyes.

Welcome back, that was Spirit release 15, Joy. Thank you so much for sharing it with us, we hope you loved your experience!