



SPIRIT

MIND • STRENGTH • BODY

16

SERENITY

INSTRUCTOR CHOREOGRAPHY NOTES

RELEASE 16 SERENITY

Release 16, Serenity, is about finding our inner peace through stunning sequences that unveil our true grace and beauty. The workout comes from slow and steady paced movements and deep nourishing breath. The choreography has a stripped back feel, whilst maintaining an uplifting clear energy and the music creates a story of calm and positivity.

*"Serenity comes when you trade expectations for acceptance".
Gautama Buddha*



Release 16 is filmed with both vertical and horizontal mat set ups. 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' needs and abilities. Keep this release fresh by exploring both the CLASSIC and ALIGN formats offered and mix and match tracks from 4 weeks onwards. You can choose to use either Core or Posterior in the ALIGN Format.

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
Stretch

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.*

WARM UP:

Feels so good | 4:22

Track Time	Lyrics	Choreography	Reps	Counts	X 8
00:00	Intro	Set Up Extended Child's Pose Kneeling, hips to heels, arms F, palms to mat. <i>inhale</i> <i>exhale</i>	1	32	4 x 8
00:25	I've been	Hip Circles L then R (clockwise) Extended Child's Pose to Table Top hips circle, L <i>inhale</i> Hips circle F. <i>inhale</i> Hips circle R. <i>exhale</i> Hips circle B. <i>exhale</i> Repeat R then L (anti clockwise).	1	4 4 4 4	4 x 8
00:47	Never describe	Table Top Cow/Cat Cow Pose. <i>inhale</i> Cat Pose. <i>exhale</i>	2	8 8	4 x 8
01:09	You've been loving	Table Top Thread the Needle L arm lifts up, chest turns L. <i>inhale</i> L arm threads under R. <i>exhale</i> L arm lifts up, chest turns L. <i>inhale</i> L hand to mat under shoulder, Table Top. <i>exhale</i> Repeat R	1	8 8 8 8	8 x 8
01:51	I just levitate	Downward Dog Natural movement. <i>inhale</i> <i>exhale</i> (Option: hold or bend and straighten legs x 4 for 4 counts bending, 4 counts straightening)	1	32	4 x 8
02:13	No I can never	Walk F to Yogi Squat Look F then walk feet outside of hands. <i>inhale</i> Bend knees, lower hips, lift chest. <i>exhale</i> Hold Yogi Squat with prayer hands to heart. <i>inhale</i> <i>exhale</i> (Option: lift heels)	1	8 8 16	4 x 8
02:33	You've been	Forward Fold Lift hips up, lengthen legs, drop chest and head, hands towards mat. <i>inhale</i> <i>exhale</i>	1	16	2 x 8
02:43	You've been	Yogi Squat to Extended Mountain Pose Bend knees to Yogi Squat. <i>inhale</i> Stand up to Extended Mountain pose, feet under hips, arms O/H, one palm touches the back of the other hand. <i>exhale</i>	1	8 8	2 x 8
02:55	You've been	Reverse High Lunge with Optional Backbend L leg steps B to High Lunge, R knee bends. <i>inhale</i> (Option: backbend). Step back to extended Mountain. <i>exhale</i> Repeat R. <i>inhale</i> <i>exhale</i> <i>inhale</i> <i>exhale</i>	1	8 8	4 x 8
03:16	You've been	Swing Down with Side Bend Bend knees, arms swing F and down. (Option: place hands to thighs). <i>exhale</i> Hips bob halfway up, arms pull B. <i>exhale</i> Knees bend, arms swing F. <i>inhale</i> Straighten legs, arms return O/H. <i>inhale</i> Side Bend L. <i>exhale</i> Extended Mountain. <i>inhale</i> Repeat R	2	1 1 1 1 2 2	4 x 8
03:38	You've been	Swing Down with Side Bend and Optional Curtsy Bend knees, arms swing F and down. (Option: place hands on thighs). <i>exhale</i> Hips bob halfway up, arms pull B. <i>exhale</i> Knees bend, arms swing F. <i>inhale</i> Straighten legs, arms return O/H. <i>inhale</i> Side bend L (Option: step R foot behind and bend knees to Curtsy). <i>exhale</i> Extended Mountain. <i>inhale</i> Repeat R	2	1 1 1 1 2 2	4 x 8
04:00	Outro	Torso Circle L and R Side Bend L. <i>exhale</i> Forward Fold. <i>inhale</i> Circle R into Side Bend. <i>exhale</i> Rise to Extended Mountain. <i>inhale</i> Repeat R to L Finish in Mountain Pose	1	4 4 4 4	4 x 8

Warm Up: Tips

FOCUS:

To welcome my class with warm and open body language, and gain trust with clear Layer 1 coaching.

CHOREOGRAPHY AND MUSICALITY:

Choreography that focuses on warming the spine and hips. Be prepared for a swift transition from Yogi Squat to Reverse High Lunge with Optional Backbend.

TECHNIQUE:

The technique of Swing Downs requires dynamic movement. Bend the knees generously, arms swing forwards and down. Hips bob halfway up, legs lengthen slightly, arms pull back. Knees bend, arms swing forward. Straighten legs, arms return O/H.

Option to place the hands on thighs for more support and not lower head so much to support those with blood pressure difficulties and/or dizziness.

COACHING:

Prioritise Layer 1 coaching to gain your participants trust right from the start of class - name of pose, body part and direction, and options.

PERFORMANCE – PRESENCE AND ESSENCE:

Use eye contact to connect with class, and maintain a warm facial expression to keep class engaged with you.

STAR MOVE – Reverse High Lunge with optional Backbend

A fantastic move to open the hip flexors, stretch the abdominals and chest, and warm up the legs. To aid with balance, make sure feet are hip-width apart and your knees are soft before stepping back.

SUN SALUTATION:

My Way | 5:44

Track Time	Lyrics	Choreography	Reps	Counts	X 8
00:00	Intro	Mountain - Extended Mountain Pose Set Up Extended Mountain - one palm touches the back of the other hand. <i>Inhale/Exhale</i>	1	16 16	4 x 8
00:23	I don't need	Sun Salutation L (Low) Forward Fold, arms wide and then to floor. <i>Inhale</i> Halfway Lift, hands to thighs. <i>Inhale</i> Halfway Lift, Twist L, R knee bends, L arm lifts, chest turns L. <i>Exhale</i> Hands to floor, knees bend. <i>Inhale</i> Low Kneeling Lunge, L foot B. <i>Exhale</i> Kneeling Plank or Table Top. <i>Inhale</i> Tricep Lower on knees or Cat Posé. <i>Exhale</i> Baby Cobra or Cow Pose. <i>Inhale</i> Downward Dog. <i>Exhale/Inhale</i> Low Kneeling Lunge, L foot F. <i>Exhale</i> Low Kneeling Lunge, both arms O/H. <i>Inhale</i> Low Kneeling Lunge, with Backbend, arms wide by sides. <i>Exhale</i> Low Lunge, hands to ground, back knee lifts, prepare to transition F. <i>Inhale</i> Forward Fold. <i>Exhale</i> Extended Mountain Pose, hands connect, lift arms F and O/H. <i>Inhale</i>	1	8 8 8 8 8 8 8 8 16 8 8 8 8 8 8	16 x 8
01:42	I've been on the outside	Sun Salutation R (Low)	1	128	16 x 8
02:54	Time is taking	Sun Salutation L (High) Forward Fold, arms wide and then to floor. <i>Exhale</i> Halfway Lift, hands to thighs or shins. <i>Inhale</i> Halfway Lift, Twist L, R knee bends, L arm lifts, chest turns L. <i>Exhale</i> Hands to floor, knees bend or legs straighten. <i>Inhale</i> Low Lunge, L foot B, B knee up. (Option: knee down). <i>Exhale</i> High Plank or Kneeling Plank. (Option: Table Top). <i>Inhale</i> Tricep Lower on toes or knees. (Option: Cat Pose). <i>Exhale</i> Up Dog or Baby Cobra. (Option: Cow Pose). <i>Inhale</i> Downward Dog. <i>Exhale</i> Three Legged Dog with square hips, L leg lifts, flexed foot. <i>Inhale</i> Low Lunge, L foot F. <i>Exhale</i> Warrior 1 (R heel down foot to 45-degree angle) or High Lunge, both arms O/H. (Option: Kneeling Lunge L). <i>Inhale</i> Warrior 1 or High Lunge with Backbend, arms wide by sides. (Option: Kneeling Lunge L. <i>Exhale</i> Low Lunge L, hands to ground, lift back knee and heel, prepare to transition F. <i>Inhale</i> Forward Fold. <i>Exhale</i> Extended Mountain Pose, hands connect, lift arms F and O/H. <i>Inhale</i>	1	8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8	16 x 8
04:09	If I find myself	Sun Salutation R (High)	1	128	16 x 8
05:25	Outro	Backbend to Forward Fold Backbend. <i>Exhale</i> Arms open wide by sides. <i>Inhale</i> Forward Fold. <i>Exhale</i> Extended Mountain. <i>Inhale</i> Mountain Pose. <i>Exhale</i>	1	8 8 8 8	4 x 8

SUN SALUTATION: TIPS

FOCUS:

To use clear and concise coaching to keep participants attention and keep them in time

CHOREOGRAPHY AND MUSICALITY:

Perform 4 rounds. Rounds 1 and 2 include the foundational poses of the sequence, while rounds 3 and 4 offer the option to add intensity, including a Three-Legged Dog, Plank, and Warrior 1. Take time to introduce these more intense options over the weeks of teaching this release.

TECHNIQUE:

Warrior 1 is a closed-hip standing posture. The front knee bends, and the hips square to the front knee and short edge of the mat. The back leg is long with the foot angled at 45 degrees, heel in, and toes out. You have the option to teach a High Lunge instead of Warrior 1.

COACHING:

This track is well-paced, but if you are not prepared with clear and concise Layer 1 and 2 coaching, you could find yourself losing the counts of the music. To avoid this happening, script your Layer 1 and Layer 2 cues before you launch this release. Prioritise Layer 1 for rounds 1 and 3, and Layer 2 breath cues for rounds 2 and 4.

PERFORMANCE – PRESENCE AND ESSENCE:

Use key commands to grab your class's attention and keep them moving in time with the sequence. For example: 'Look forward', 'Look at me', 'Watch', or 'Listen'.

STAR MOVE – Halfway Lift with Twist

A wonderful move to mobilise the spine and engage our participants' brains! The knee bend also allows us to stretch the opposite leg's hamstring, and the direction of the open twist gives us plenty of space to twist.

STANDING STRONG: In The Balance | 6:12

Track Time	Lyrics	Choreography	Reps	Counts	X 8
00:00	Intro	Wide Stance Balance with Arm Lift Step feet wide. <i>inward</i> <i>backward</i> Heels lift, arms wide and O/H, one palm touches the back of the other hand. <i>inward</i> Lower heels and arms wide of sides at shoulder height, bend knees, Goddess Squat. <i>inward</i>	1	16 8 8	4 x 8
00:39	I found	Goddess Squat Arm Circle L then R L arm circles down. <i>inward</i> L arm circles to R side, chest turns to R. <i>inward</i> L arm circles O/H. <i>inward</i> L arm circles to L side landing at shoulder height. <i>inward</i> Repeat R arm	1	4 4 4 4 16	4 x 8
01:14	Somewhere in	Extended Lunge to Backbend L Turn to L side in Extended Lunge, bend L knee, R leg long, torso tipping over L thigh, L arm F, R arm B. <i>inward</i> <i>inward</i> R arm sweeps down and F to join L hand. <i>inward</i> <i>inward</i> Torso lifts to High Lunge, arms O/H. <i>inward</i> <i>inward</i> Backbend. <i>inward</i> Goddess Squat, arms wide of sides at shoulder height. <i>inward</i>	1	8 8 8 4 4	4 x 8
01:49	I find myself	Goddess Squat Arm Circle R then L	1	32	4 x 8
02:25	Somewhere in	Extended Lunge to Backbend R Last 4 counts Wide Stance, straight legs, arms wide of sides at shoulder height.	1	32	4 x 8
03:00	Piano	Curtsy L Step L, R foot behind L. <i>inward</i> Knees bend in Curtsy. <i>inward</i> Arms lift O/H hands in prayer. <i>inward</i> Side Bend L. <i>inward</i> Lift up shoulders over hips. <i>inward</i> Hands to heart in prayer. <i>inward</i>	1	4 4 8 8 4 4	4 x 8
03:34	Somewhere in	Warrior 2 - Reverse Warrior L Step feet wide to Warrior 2, L knee bends. <i>inward</i> <i>inward</i> L arm lifts O/H. <i>inward</i> Reverse Warrior, Side Bend R. <i>inward</i> L arm circles clockwise. <i>inward</i> <i>inward</i> Rise up, straightening legs, arms at shoulder height. <i>inward</i>	1	8 4 4 12 4	4 x 8
04:09	instrumental	Curtsy R	1	32	4 x 8
04:45	Somewhere in	Warrior 2 - Reverse Warrior R	1	32	4 x 8
05:18	instrumental	Goddess Squat Arm Circle L then R	1	32	4 x 8
05:54	Outro	Wide Stance Balance with Arm Lift	1	16	2 x 8

STANDING STRONG: TIPS

FOCUS:

To inspire my class by moving with my best technique and range of motion.

CHOREOGRAPHY AND MUSICALITY:

During the last 4 counts of the chorus sequences 'somewhere in', come out of the pose and prepare for the next sequence.

TECHNIQUE:

This track is strong and slow, and it will take time to build up the resilience to hold the poses low. To achieve the track's focus of moving with your best technique and range of motion, practice this track in the mirror several times. See how low you can go in the poses and how elegantly you can keep your upper body.

COACHING:

This track has more time in the poses, which means we have a great opportunity to explore the theme of Serenity through our Layer 3 coaching. Explore what 'Serenity' means to you and how it can be related to the music and the slow burn of the poses!

PERFORMANCE – PRESENCE AND ESSENCE:

To create a captivating performance aim to move with grace by taking your time through each pose and transition, filling the music with your movement and deep breaths in the body.

STAR MOVE – Goddess Squat Arm Circle

Goddess Squat is a wide, deep squat that challenges the mobility and strength of our hips, as well as flexibility in our inner thighs. Adding the Arm Circle challenges the mobility in our thoracic spine and the strength in our obliques, all while maintaining equal alignment in the legs, ankles, knees, and hips.

BALANCE:

One In A Million | 4:24

Track Time	Lyrics	Choreography	Reps	Counts	X 8
00:00	Intro	Wide Stance Set Up	1	16	2 x 8
00:18	The ocean	Wide Stance to Goddess Squat Balance Wrists cross and lift through midline O/H, heels lift. <i>Inhale Exhale</i> Knees bend, Goddess Squat with heel lift. (Option: heels to ground). Arms open wide by sides at shoulder height. <i>Inhale Exhale</i>	1	16 16 16	4 x 8
00:42	Oh they	Goddess Squat Balance with Twist L and R Chest turns L, arms stay wide. <i>Inhale Exhale</i> Chest turns R, arms wide. <i>Inhale Exhale</i> Heels land, arms rainbow L then R O/H to open, L arm low, R arm O/H. <i>Inhale</i>	1	16 14 2	4 x 8
01:05	I am	Floating Half moon L Weight shifts to L foot, L knee bends. <i>Exhale</i> R leg lifts. (Option: keep toe to ground or place L hand to ground). <i>Inhale</i> Transition to Wide Stance, arms by sides. <i>Exhale</i>	1	16 12 4	4 x 8
01:28	Piano - the mountains	Wide Stance to Goddess Squat Balance	1	32	4 x 8
01:53	Anything	Goddess Squat Balance with Twist R and L	1	32	4 x 8
02:17	Piano - I am one	Floating Half Moon R	1	32	4 x 8
02:42	Piano - I am	F Attitude R with Twist R L foot grounded, R foot F, knee and hip externally rotate in Attitude. <i>Inhale</i> Lift R leg up in Attitude. (Option: toes stay on ground). Arms lift wide by sides to shoulder height. <i>Exhale</i> Chest turns R, arms stay wide. <i>Inhale</i> Chest turns to centre, arms stay wide. <i>Exhale</i>	1	8 8 8 8	4 x 8
03:06	Piano - I am	B Attitude L with Wrist Cross R leg goes B and stays in Attitude, toe hovering off ground. (Option: touch toe to ground). <i>Inhale Exhale</i> Wrists Cross and lift through midline O/H. <i>Inhale</i> Arms open wide by sides at shoulder height. (Option: baby back extension). <i>Exhale</i>	1	16 8 8	4 x 8
03:30	Anything	F Attitude L with Twist L	1	32	4 x 8
03:56	Anything	B Attitude L with Wrist Cross	1	32	4 x 8

BALANCE: TIPS

FOCUS:

To create a safe space for our participants' to balance with confidence by assessing the room.

CHOREOGRAPHY AND MUSICALITY:

This track has a clear piano rhythm that helps us pace our movement and breath. A highlight for musicality occurs during the Rainbow Arms, where the piano melody matches the rhythm of the arm line transition, creating harmony in the moment.

TECHNIQUE:

Eye gaze is crucial for balance. For those that are unsteady in their technique, encourage them to maintain a focused eye gaze to steady all of their poses. For example, in Floating Half Moon, look to the ground; in the Attitudes, look forwards. To challenge your confident participants, encourage them to follow their body movements with their eyes in the Wrist Cross and Goddess Squat with Twist.

COACHING:

Try to incorporate Layer 2 breath cues into most of your coaching by initiating Layer 1 cues with an inhale or exhale followed by the body part direction. For example, 'Exhale, bend your knees deeply, arms wide by shoulder height, heels stay up if you can or ground if you need'.

PERFORMANCE – PRESENCE AND ESSENCE:

Be present with your class every time you teach this track. Assess the room and see what is going on. If your class is very wobbly and lacks confidence, show more options and use inclusive coaching. If your class is peaceful and confident, take that opportunity to celebrate them. Use some emotive Layer 3 cues, or simply be quiet and let the music shine.

STAR MOVE – Attitude Back with Wrist Cross

Attitude to the back is a brilliant pose for working our back extensors strongly while challenging our glute muscles. Try transferring more weight forwards on the supporting leg to achieve balance and inspirational height in the lifted leg.

Track Time	Lyrics	Choreography	Reps	Counts	X B
00:00	Intro	Set Up Mountain Pose Inhale/Exhale	1	32	4 x 8
00:22	Guitar	Sun Salutation Sequence L Extended Mountain - one palm touches the back of the other hand. <i>Inhale</i> Forward Fold, arms wide and then to floor. <i>Exhale</i> Halfway Lift, hands to thighs or shins. <i>Inhale</i> Halfway Lift Twist L, R knee bends, L arm lifts, chest turns L. <i>Exhale</i> Hands to floor, knees bend or straighten. <i>Inhale</i> Low Lunge (Option: knee to ground), L foot B. <i>Exhale</i> Kneeling Plank or Table Top. <i>Inhale</i> Tricep Lower on toes, knees or Cat Pose. <i>Exhale</i> Up Dog, Baby Cobra, or Cow Pose. <i>Inhale</i> Downward Dog. <i>Exhale</i> (Option: lift L leg Three-Legged Dog). <i>Inhale</i> High Lunge or Warrior 1, L foot F. <i>Exhale</i> Both arms lift F then O/H. <i>Inhale</i> Backbend, arms wide by sides. <i>Exhale</i> Rise out of Backbend, arms circle down and F at shoulder height. <i>Inhale</i>	1	8 8 8 8 8 8 8 8 8 8 16 8 8	16 x 8
01:37	Wherever you go	Warrior 2, Curtsy and Half Moon Sequence L Warrior 2 L, L knee bends, R arm circles O/H, lands at shoulder height. <i>Inhale/Exhale</i> Reverse Warrior, L arm lifts O/H, Side Bend R. <i>Inhale/Exhale</i> Arms Rainbow, Floating Half Moon, weight shifts to L foot, L knee bends. <i>Inhale/Exhale</i> R leg lifts. (Option: keep toe to ground or place L hand to ground). <i>Inhale/Exhale</i> Step L, R foot behind L, arms by sides at shoulder height. <i>Inhale</i> Knees bend in Curtsy. <i>Exhale</i> Arms lift O/H, hands in prayer. <i>Inhale</i> Side Bend L. <i>Exhale</i> Lift up shoulders over hips. <i>Inhale</i> Straighten legs, transfer weight F to L foot, release R foot in preparation for B Attitude, arms open wide at shoulder height. <i>Exhale</i>	1	16 16 16 16 4 4 4 4 4 4	11 x 8
02:40	If I fall	B Attitude L with Wrist Cross into Leg Extension L R leg lifts B in Attitude (Option: toe to ground). <i>Inhale/Exhale</i> Wrists Cross and lift through midline O/H. <i>Inhale/Exhale</i> Arms open wide by sides at shoulder height. <i>Inhale/Exhale</i> Tip weight F, straighten R leg behind. <i>Inhale/Exhale</i> (Option: hold upright OR Standing Split), dive hands to mat and chest down to L shin, R leg lifts behind. Bend knee if needed. <i>Inhale/Exhale</i>	1	8 16 16 16 16	9 x 8
03:26	You are my	Set Up Mountain Pose Feet together. <i>Inhale/Exhale</i> Roll up to Mountain Pose. <i>Inhale/Exhale</i> Mountain Pose. <i>Inhale/Exhale</i>	1	8 8 16	4 x 8
03:44	You are my	Sun Salutation Sequence R	1	128	16 x 8
04:57	You are my	Warrior 2, Curtsy and Half Moon Sequence R	1	88	11 x 8
06:01	You are my	B Attitude R with Wrist Cross into Leg Extension R	1	72	9 x 8
06:47	Outro	Mountain Pose Feet together, knees bend. <i>Inhale/Exhale</i> Roll up to Extended Mountain Pose, arms F then O/H. <i>Inhale/Exhale</i>	1	8 8	2 x 8

FLOW: TIPS

FOCUS:

To help my participants find a feeling of flow by clearly coaching Layer 2 breath.

CHOREOGRAPHY AND MUSICALITY:

This is an amalgamation of Sun Salutations, Standing Strong and Balance, with a peak posture of Standing Splits. It's an exploration for self-trust. The start of the sequence has one breath per move; we add more breaths when we move into the standing Warrior postures and then even more time for breath in the balancing poses.

TECHNIQUE:

Three-Legged Dog with square hips – when lifting your leg to Three-Legged Dog, flex the foot and aim to keep both pelvic bones parallel to each other, with no twisting of the hips. This will engage the glute maximus and enable a deep stretch in the back of the supporting leg.

COACHING:

Layer 2 breath – aim to coach the inhale and exhale for every pose. Prioritise learning which pose corresponds to an inhale or an exhale, and whether a pose requires one or two full breaths, or even more, so you can confidently guide your class in the flow.

PERFORMANCE – PRESENCE AND ESSENCE:

This is the very peak of energy for the class and a time for the class to be proud of the sequences they've mastered. Use a grounded yet energised, positive tone of voice to take them on a motivated and celebratory journey through Flow.

STAR MOVE – Standing Splits

The very end of the sequence finishes with a leg extension to the back, with the option to dive the torso down to the supporting shin with hands to floor in Standing Splits. There's another option to tuck the extended leg. This pose challenges balance, core strength and hamstring flexibility.

POSTERIOR:

Find A Way | 3:17

Track Time	Lyrics	Choreography	Reps	Counts	X 8
00:00	Intro	Clam Set Up L Lie on L side. R hip on top of L. <i>Inhale</i> Knees bend F of body. <i>Exhale</i> L forearm to floor or lie out on L arm, side of body to floor. <i>Inhale</i> R hand to hip or supports on mat. <i>Exhale</i>	1	8 8 8 8	4 x 8
00:24	I'm on a train	Clams L R knee opens, L and R feet stay together. <i>Inhale</i> R knee lowers to L knee, L and R feet stay together. <i>Exhale</i>	2	8 8	4 x 8
00:43	When everyday	Clams Plus Internal Rotation L R knee opens, L and R feet stay together. <i>Inhale</i> R knee lowers to L knee, R foot lifts up behind, hip internally rotates. <i>Exhale</i>	4	4 4	4 x 8
01:03	rains	Bridging Clam Plus Internal Rotation L R knee opens, L and R feet stay together, bottom hip lifts up. <i>Inhale</i> R knee lowers to L knee, R foot lifts up behind, hip internally rotates, bottom hip lowers up. <i>Exhale</i>	4	4 4	4 x 8
01:22	Instrumental	Clams Set Up R	1	32	4 x 8
01:42	We're on a part	Clams R	2	32	4 x 8
01:59	When everyday	Clams Plus Internal Rotation R	4	32	4 x 8
02:14	rains	Bridging Clam Plus Internal Rotation R	4	32	4 x 8
02:33	Even when	Camel Set Up Come to kneeling, knees under hips, toes tucked, hands to hips, squeeze elbows back, glutes squeeze. <i>Inhale/Exhale</i>	1	16	2 x 8
02:42	Even when	Camel Backbend, hips F. <i>Exhale</i> Lengthen spine. <i>Exhale</i> (Option: hold last Backbend to end of music).	3	8 8	6 x 8

POSTERIOR: TIPS

FOCUS:

To explain the benefits of Clams in my Layer 3 coaching.

CHOREOGRAPHY AND MUSICALITY:

Simple choreography that builds in reps. Clams - two slow, followed by four quicker with added internal rotation, then another four at the same tempo with the option to lift the hips to Bridging Clam.

TECHNIQUE:

Camel – maintain control in your backbend and avoid going too deep. We aim to flow in and out of a supported baby backbend.

COACHING:

It is said that when we understand why we are doing something, we are more incentivised to do it. So, motivate your class by explaining the benefits of Clam exercises in your Layer 3 coaching. Clams helps strengthen the hip muscles, reduce lower back tension, stabilise the pelvis, and promote equanimity in the leg muscles and pelvic floor.

PERFORMANCE – PRESENCE AND ESSENCE:

A great track to build a strong connection with the class as we are facing them and performing slower, simpler movements for the majority of the track. Explore a more personable demeanour by using participants' names, plenty of eye contact, and smiles.

STAR MOVE – Bridging Clam

Bridging Clam adds an element of balance and requires recruiting more strength from our supporting shoulder and hip, back and deep core muscles, and outer obliques.

Track Time	Lyrics	Choreography	Reps	Counts	X 8
00:00	Intro	Set Up Extended Child's Pose or Down Dog. <i>intro</i>	1	32	4 x 8
00:21	My friends keep	Kneeling or High Plank to Down Dog or Extended Child's Pose Chest F to Kneeling or High Plank. <i>intro</i> Chest B to Down Dog or Extended Child's Pose. <i>intro</i>	1	16 16	4 x 8
00:40	These rules	Side Climber to Down Dog or Extended Child's Pose L then R Chest F to Kneeling or High Plank. <i>intro</i> L knee to side outside of L arm in Side Climber. <i>intro</i> L leg returns to Kneeling or High Plank. <i>intro</i> Chest B to Down Dog or Extended Child's Pose. <i>intro</i>	2	8 8 8 8	8 x 8
01:10	Made my wish	Kneeling or High Plank to Down Dog or Extended Child's Pose	1	32	4 x 8
01:27	These rules	Side Climber to Down Dog or Extended Child's Pose L then R	2	16	8 x 8
01:59	On my way	Quick Side Climber to Down Dog or Extended Child's Pose L then R Chest F to Kneeling or High Plank. <i>intro</i> L knee to side outside of L arm in Side Climber. <i>intro</i> L leg returns to Kneeling or High Plank. <i>intro</i> Chest B to Down Dog or Extended Child's Pose. <i>intro</i>	2	4 4 4 4	4 x 8
02:15	These rules	Set up Wide V Walk Out Plank Knees down and wide or hips in Plank position. <i>intro</i> Hands under shoulders. <i>intro</i>	1	16 16	4 x 8
02:31	I found myself	Wide V Walk Out Plank Plank, knees or toes. Walk hands F and wider 4 times, alternating L, R, L, R. <i>intro</i> Plank, knees or toes. Walk hands B and narrower 4 times, alternating L, R, L, R. <i>intro</i>	1	16 16	4 x 8
02:48	On my way	Quick Wide V Walk Out Plank Plank, knees or toes. Walk hands F and wider 4 times, alternating L, R, L, R. <i>intro</i> Plank knees or toes. Walk hands B and narrower 4 times, alternating L, R, L, R. <i>intro</i> Recover in Child's Pose	4	8 8	8 x 8

CORE: TIPS

FOCUS:

To motivate my class by connecting to the music lyrics.

CHOREOGRAPHY AND MUSICALITY:

This track has two options: Side Climber Downward Dog or Extended Childs Pose, making the track as accessible as possible.

TECHNIQUE:

Wide V Walk Out –set the base of your plank wide (knees or toes) to ensure as much success as possible. Walk the hands out to the diagonal corners; the wider and the further you go, the more pressure on your core muscles. As you move your hands, aim to not rock hips from side to side.

COACHING:

To ensure safe and supportive execution of the core moves, focus on concise Layer 1 and 2 coaching cues for the engagement of the deep core muscles, the alignment of the spine making sure it is long, and use the power of the inhale through the nose and exhale through the mouth to strengthen and energise movements.

PERFORMANCE – PRESENCE AND ESSENCE:

What a song!! 'On my way, to the future'. Such a joyous, uplifting song to work out to! Use the lyrics of this song to inspire your coaching cues.

STAR MOVE – Side Climber

Side Climber is a great oblique exercise that also challenges our hip mobility. What's great about it is that there's more space in the body to achieve this move compared to a standard mountain climber.

HIPS:

Breathe You In | 4:36

Track Time	Lyrics	Choreography	Reps	Counts	X 8
00:00	Intro	Set Up Kneeling, Hands Behind Hips to floor or Butterfly <i>(Intro) B B B B B</i>	1	32	4 x 8
00:27	Beat	Kneeling Quad Stretch or Butterfly Hold Kneeling, squeeze glutes, chest lifts, pressing into hands, hips lift. (Option: to hold Butterfly). <i>Inhale Exhale</i>	1	16	2 x 8
00:40	Sometimes I	Gate Pose or Half Straddle L R knee bends, L leg out long foot to ground, hands under shoulders. (Option: half straddle, seated, R knee bends R foot to L inner thigh, L leg extends, hands F). <i>Inhale Exhale</i> Gently rock B and F. <i>Inhale Exhale</i>	1	16 16	4 x 8
01:02	Breathe it in	Extended Kneeling Warrior L or Half Straddle with Side Bend R Walk hands over to R side of mat. <i>Inhale Exhale</i> R hand under shoulder, L arm lifts by L ear (Option: arm O/H). <i>Inhale Exhale</i>	1	8 24	4 x 8
01:23	Breathe it in	Kneeling Reverse Warrior L or Half Straddle with Side Bend L Lift torso up, arms wide by sides at shoulder height. <i>Inhale</i> R arm lifts O/H, L hand to L thigh or to mat. <i>Exhale</i> Side bend to L. <i>Inhale Exhale</i>	1	8 8 16	4 x 8
01:47	Instrumental	Gate Pose or Half Straddle R	1	32	4 x 8
02:09	Breathe it in	Extended Kneeling Warrior R or Half Straddle with Side Bend L	1	32	4 x 8
02:32	Breathe it in	Kneeling Reverse Warrior R or Half Straddle with Side Bend R	1	32	4 x 8
02:54	I feel so connected	Seated Figure Four L Sit down, legs out in front. <i>Inhale Exhale</i> R leg extends in front, L knee bends, L ankle above R knee. (Option: foot to inner thigh, fold forwards). <i>Inhale Exhale</i> Hands back, slide R heel towards you, R knee bends. <i>Inhale Exhale</i>	1	16 16 32	8 x 8
03:40	Breathe it in	Seated Figure Four R	1	64	8 x 8
04:25	Outro	Hugging Forward Fold Legs F, knees bend, arms hug thighs to belly. <i>Inhale</i> Stretch legs out. <i>Exhale</i>	1	16 16	4 x 8

HIPS: TIPS

FOCUS:

To decide which variation of the choreography (seated or kneeling) I want to teach to my class and why.

CHOREOGRAPHY AND MUSICALITY:

There are two variations of this choreography to choose from; a kneeling version and a seated version. Pick the version that best suits your body and your classes, or offer non-kneeling variations while teaching the kneeling version. Alternatively, keep the track fresh by teaching the seated version for a few weeks, then switch to the kneeling version.

TECHNIQUE:

Extended Kneeling Warrior – place supporting hand under the shoulder and sweep the other arm forwards and overhead.

There's an option to reach the arm up to ceiling for those with restrictions in the back and sides of body. Another option is to tent the fingertips of the supporting hand to create more space. To deepen the pose, press firmly down through supporting foot, squeeze glutes, and press the pelvis forwards.

COACHING:

To coach both variations of this track, start in Butterfly Pose. Then, explain to those that do not want to kneel for the track to stay in Butterfly, while those who are okay with kneeling can come to Kneeling Quad Stretch. If the majority of the class are kneeling, choose to physically demonstrate the kneeling poses while verbally explaining the direction of the body in the seated variation.

PERFORMANCE – PRESENCE AND ESSENCE:

This is a beautiful track to tap into the release of emotions, in line with lyrics 'I just want to, breathe it in, let it go'. See how you can tie in your physicality by breathing deeper and inspiring the class to do the same along with the lyrics.

STAR MOVE – Kneeling Quad Stretch

This is a brilliant stretch to tap into the engagement of the back of the body in order to lengthen and release the front of the body. Tilting the tail bone towards the knee caps helps lengthen the hip flexors and thighs.

SPIRALS:

Safe With Me | 4:56

Track Time	Lyrics	Choreography	Reps	Counts	X 8
00:00	Intro	Extended Child's Pose	1	32	4 x 8
0:28	I close my eyes	Thread the Needle L Table Top, hands under shoulder, knees under hips. <i>Inspired by Yoga</i> Thread Needle, R arm threads under L, L elbow bends to support, R shoulder and ear towards ground. Exhale. (Option: to sit hips to heels or to kneel and take a shoulder stretch). <i>by Yoga</i> Hold pose. <i>Inspired by Yoga</i>	1	16 16 32	8 x 8
01:16	Lay your head	Transition to Supine Twist L Toes tuck, knees lift, swivel knees to F or L side, R hip lower to ground. <i>Inspired by Yoga</i> Sweep L hand O/H until both arms are wide to floor at shoulder height, both shoulder blades to ground. Adjust knees and back as necessary. Look to ceiling or to L. (Option: forget this transition, instead sit up and gently roll down to Supine Twist.) <i>Inspired by Yoga</i>	1	8 24	4 x 8
01:41	Lay your head	Supine Twist L (Option: extend L leg and hold with R hand to deepen pose). <i>Inspired by Yoga</i>	1	32	4 x 8
02:04	They criticise	Thread The Needle R Table Top, hands under shoulder, knees under hips. <i>Inspired by Yoga</i> Thread Needle, R arm threads under L, L elbow bends to support, R shoulder and ear towards ground. (Option: sit hips to heels or kneel and take a shoulder stretch). <i>Inspired by Yoga</i> Hold pose. <i>Inspired by Yoga</i>	1	64	8 x 8
02:52	Lay your head	Transition to Supine Twist R Toes tuck, knees lift, swivel knees to F or L side, R hip lowers to ground. <i>Inspired by Yoga</i> Sweep L hand O/H until both arms are wide to floor at shoulder height, both shoulder blades to ground. Adjust knees and back as necessary. Look to ceiling or to L. (Option: forget this transition, instead sit up and gently roll down to Supine Twist).	1	32	4 x 8
03:16	Lay your	Supine Twist R Option to extend L leg and hold with R hand to deepen pose. <i>Inspired by Yoga</i>	1	32	4 x 8
03:40	We can stay	Wide Leg Child's Position or Frog Pose Knees wide of hips, toes together and hips back for Child's Pose or heels in line with knees, feet flexed for Frog Pose. Forearms to ground for support. <i>Inspired by Yoga</i>	1	32	4 x 8
04:05	Lay your head	Wide Leg Childs Position or Frog Pose Twist L then R L hand out to side, press into hand, twist chest to L. <i>Inspired by Yoga</i> R hand out to side, press into hand, twist chest to R. <i>Inspired by Yoga</i>	1	32 32	8 x 8

SPIRALS: TIPS

FOCUS:

To coach the transition from Thread the Needle to Supine Twist with clarity.

CHOREOGRAPHY AND MUSICALITY:

If you plan to try the transition from Thread the Needle to Supine Twist, always ensure your class is twisting towards you so they can see the transition to execute it safely. This means turning to face the other side when the sequence repeats.

TECHNIQUE:

Thread the Needle – three options: Start in Table Top, with knees under hips, and hands under shoulders. Thread the back arm to the front, gently laying the back shoulder and ear towards ground, with hips staying above knees and the supporting hand pressing into the ground. Alternatively, do this in Child's Pose or a kneeling shoulder stretch for those who cannot put weight on their shoulder.

COACHING:

Pre-cue the transition with plenty of time, commanding your class's attention with eye contact and a strong voice. Say something like 'Supine Twist, you can lie on your back, getting there any way that's comfortable', or 'try this transition: press into the supporting hand, tuck the toes, lift the knees and come forwards, landing the hips softly to ground'.

PERFORMANCE – PRESENCE AND ESSENCE:

This track gives us plenty of time in the poses which is perfect to start to relax and ground. Use a consistent grounding vocal tone to help your class relax further into the poses.

STAR MOVE – Child's Pose/Frog Pose with Twist

A deep inner thigh stretch whether you're taking Frog Pose or Wide Knee Child's Pose, with the added benefit of a twist to release the thoracic spine and stretch into the groins further.

STRETCH:

Hope, Joy | 6:05

Track Time	Lyrics	Choreography	Reps	Counts	X 8
00:00	Intro	Backbend Feet outside of hips, Hands to hips. <i>Inhale: Exhale</i> Backbend. <i>Inhale: Exhale</i> Arms F O/H, one palm connects to back of other hand. <i>Inhale</i>	1	8 16 8	4 x 8
00:32	There's a message	Torso Circle L and R Side Bend L. <i>Exhale</i> Forward Fold. <i>Inhale</i> Circle R into Side Bend. <i>Exhale</i> Rise to Extended Mountain. <i>Inhale</i> Repeat R to L Finish in Extended Mountain Pose	1	4 4 4 4 16	4 x 8
01:00	Hope, Joy	Yogi Squat Knees bend, hands to heart, hips lower. <i>Inhale: Exhale</i>	1	32	4 x 8
01:27	Hope, Joy	Yogi Squat Twist L hand floor of elbow to L thigh, R arm to R diagonal, chest turns R. <i>Inhale: Exhale</i> R hand floor of elbow to R thigh, L arm to L diagonal, chest turns L. <i>Inhale: Exhale</i>	1	16 16	4 x 8
01:54	There's some words	Modified Half Lotus or Cow Face L Hips to ground legs cross L leg in front or on top for Modified Half Lotus or Cow Face Pose. <i>Inhale: Exhale</i>	1	32	4 x 8
02:23	So when the right	Modified Half Lotus or Cow Face L with Side Bend R arm lifts O/H. <i>Inhale</i> Side Bend L. <i>Exhale: Inhale</i> Rise up from Side Bend. <i>Exhale</i>	1	8 20 4	4 x 8
02:47	Hope, Joy	Modified Half Lotus or Cow Face R	1	32	4 x 8
03:17	Hope, Joy	Modified Half Lotus or Cow Face R with Side Bend	1	32	4 x 8
03:44		Half Forward Fold L L knee bends, R leg extends F. (Option: bend knee). <i>Inhale: Exhale</i> Lift arms O/H. <i>Inhale</i> Fold, reaching arms F. <i>Exhale</i> Rise up. <i>Inhale: Exhale</i>	1	16 8 32 8	8 x 8
04:40	Hope, Joy	Half Forward Fold R	1	64	8 x 8
05:34	Outro	Lie down on back Lie down on back, take any natural stretch. <i>Inhale: Exhale</i>	1	32	4 x 8

STRETCH: TIPS

FOCUS:

To link the theme of Serenity to my Layer 3 coaching.

CHOREOGRAPHY AND MUSICALITY:

A final journey that takes us from standing to seated to lying, with a free stretch option at the end, allowing our participants to release their bodies in any way that feels intuitive to them.

TECHNIQUE: MODIFIED HALF LOTUS

Sitting on both hips equally, with legs crossed in front and feet flexed, maintaining a long spine. Leading leg forward to the floor, or allow the ankle to rest on top of the shin or thigh. Aim for the knees to relax down without pain, instead focusing on feeling a stretching sensation in the hips and a releasing for the lower back.

COACHING:

Explore words for your Layer 3 coaching that relate to the theme of Serenity to help participants find a serene state. Script your ideas and share them throughout the weeks of teaching this track.

PERFORMANCE – PRESENCE AND ESSENCE:

Now is the time to be the embodiment of calm and serenity. Perform every pose with a composure and peace within; this will create a ripple effect to your class, making them feel calm and serene too.

STAR MOVE – Yogi Squat with Twist

This is a wonderful pose to open the inner thighs, release tension from the lower back, improve rotational mobility in the spine, and open the chest.

SOUND MEDITATION

Finding a nice comfortable place on your mat. Whether you choose to lie onto your side, or on your back (maybe with your knees bent resting against one another for support if you have back issues), or you can sit tall. Whatever is right for you.

Relax the expression on your face & release the tension in your jaw. Feel your ribcage gently rise and slowly fall, as you allow your body to relax and let go. Notice your legs gently roll outwards as you let go of any tension in your hips. Feel that deep sense of relaxation from the top of your thighs down to the tips of your toes, letting your body soften from your shoulders down to the ends of your fingers.

Gently breathing in and then slowly exhaling. Breathing in that calmness and then exhaling for 4,3,2,1. Again breathing in and slowly exhaling for 4,3,2,1, as you allow yourself to relax deeper.

Serenity is not freedom from the storm, but peace amid the storm. So, quieten down all those external noises and voices & bring your mind and focus inside yourself.

Take a few moments to notice any areas of tension or tightness in your body. As you find an area of tension or tightness, direct your breath to that place. Breathing in a sense of lightness and as you exhale allowing that tension to fade, melt away. Directing your calming breath to that tightness and as you breath out giving yourself permission to let everything go. As you find the tension in that place has faded, maybe move your focus through your body to another area of stress and once again direct your breath to that place. Breathing in that sense of lightness and the allowing it to soften as you exhale.

As you listen to the music and feel its vibrations, continue to scan through your body for those areas of stress or strain and give yourself the permission to let it all go.
silence

Serenity is when you stop expecting and start accepting. So, as you maintain a deep sense of compassion and empathy for yourselves and the journey that has brought you here today, slowly begin to bring your awareness back into the room.

Feel your body's connection with the mat. Notice the life and energy coming back into your fingers and your toes. Maybe starting to wiggle your fingers and toes as you take a deep breath in. Maybe you'd like to take a deep stretch above your head, reaching out long.

When you feel ready, still with your eyes closed, take yourself onto your left side. Still with your eyes closed, when you feel ready, come to sit up nice and tall.

Taking a deep breath in as you reach your arms wide and above your head into prayer, then exhale as you bring your hands to your heart centre.

Again, taking a deep breath in as your arms come above your head to prayer, and as you exhale to your heart centre. With a little bow of your head, gently begin to blink your eyes open. Allow a few moments here to notice how light your body and mind feel.

Taking one more deep breath in as you reach above your head into prayer and as you exhale to your heart centre. With a little bow of the head, I thank you for sharing this time with me.