



SPIRIT

MIND • STRENGTH • BODY

17

RADIANCE

INSTRUCTOR CHOREOGRAPHY NOTES

RELEASE 17 RADIANCE

Release 17 Radiance helps you tap into your inner beauty and glow through elegant, centring movements, deep rhythmic breathing, and inspiring, eclectic music. Prepare for a heartfelt experience that leaves you feeling truly relaxed and radiant.

As Sri Ramana Maharshi said,
"Mind is but a poor reflection of the radiant heart"



Release 17 is filmed with both vertical and horizontal mat set ups. Choose the orientation that best suits your space and allows your class to see you clearly, while ensuring you face your class. Whenever possible, avoid teaching with your back to the room.

Adapt the options you demonstrate to fit the needs of those in front of you. We encourage you to make informed choices regarding intensity and levels to best support your participants' needs and abilities.

Keep this release fresh by exploring both the ORIGINAL and ALIGN formats and mixing and matching tracks from the fourth week 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:

I'm Ready | 04:05

Track Time	Lyrics	Choreography	Reps	Counts	X 8
00:00	Intro	Goddess Squat Set Up Feet step wide, toes turn out, knees bend. Innote/Exnote Elbows bend and lift to shoulder height, palms face chest. Innote/Exnote	1	8 8	2 x 8
00:16	Sitting here on this	Arm Press, Leg Stretch Sequence Slow L and R L palm presses O/H, arm stretches, R arm presses down, both legs straighten. Innote Both palms return to chest, knees bend to Goddess Squat. Exnote R palm presses O/H, arm stretches, L arm presses down, both legs straighten. Innote Both palms return to chest, knees bend to Goddess Squat. Exnote	1	8 8 8 8	4 x 8
00:38	Cuz the time is	Arm Press, Leg Stretch Sequence L and R L palm presses O/H, arm stretches, R arm presses down, both legs straighten. Innote Both palms return to chest, knees bend to Goddess Squat. Exnote R palm presses O/H, arm stretches, L arm presses down, both legs straighten. Innote Both palms return to chest, knees bend to Goddess Squat. Exnote	2	4 4 4 4	4 x 8
01:02	Letting go, I'm	Goddess Squat Arm Scoop Stay in Goddess Squat, keep elbows slightly bent Arms circle wide to sides, palms F. Arms scoop forwards and down, Cross wrists. Innote/Exnote Lift through the midline O/H. Separate hands and wrists arms wide to sides. Innote/Exnote On last rep bring hands back to chest	2	8 8	4 x 8
01:24	Moving into	Arm Press, Leg Stretch Sequence Slow L and R Option: lift heels as legs stretch, heels land back to ground in Goddess Squat.	1	32	4 x 8
01:46	Cuz the time is	Arm Press, Leg Stretch Sequence L and R Option: lift heels as legs stretch, heels land back to ground in Goddess Squat.	2	32	4 x 8
02:08	Letting go, I'm	Goddess Squat Arm Scoop	4	64	8 x 8
02:54	Letting go	Side Bend Hands clasp, lift straight arms O/H, straightening legs. Innote Side bend L. Exnote Side bend R. Innote Lift to centre, Goddess Squat, arms straight wide by sides in line with shoulders. Exnote	1	8 8 8 8	4 x 8
03:17	I'm ready	Alternating Side Lunge Twist with Arm Wrap L and R L knee bends, R leg lengthens, turn chest to L, arms wrap round body. Innote R knee bends, L leg lengthens, turn chest to R, arms wrap round body. Innote L knee bends, R leg lengthens, turn chest to L, arms wrap round body. Exnote R knee bends, L leg lengthens, turn chest to R, arms wrap round body. Exnote	4	2 2 2 2	4 x 8
03:39	Outro	Arms and legs stretch to Backbend Stretch both legs, reach arms O/H, palms to ceiling. Innote/Exnote Hands press down through midline, then sweep to hips or clasp behind back, Baby Backbend. Innote/Exnote	1	16 16	4 x 8

Warm Up: Tips

FOCUS:

To welcome and ground your participants through informative coaching.

CHOREOGRAPHY AND MUSICALITY:

Simple choreography that brings mobility to the hips, spine and shoulders. Watch out for the extra two arm scoops halfway through the track.

TECHNIQUE:

For the Arm Press Leg Stretch Sequence: As one arm presses down, the other presses O/H, and both legs stretch with an option to lift the heels. Pay attention to the detail of the wrists extending, as this mobilises them and prepares them for load bearing in the next track and beyond.

COACHING:

Explore your layer 3 coaching cues. Set the tone for how the moves should feel by sharing your own experience and the benefits of the movements. This helps participants connect with the grounding, open and focused feeling as well.

PERFORMANCE – PRESENCE AND ESSENCE:

At the start of the class, aim to make your participants to feel safe, at ease, and taken care of. Use a warm tone of voice that complements the warmth of the music.

STAR MOVE – Goddess Squat Arm Scoop

A great new move that builds heat in the body, opens the hips and inner thighs and brings freedom to the shoulders with slow, flowing circular arm movements. Move slowly, keep the elbows soft, and avoid fully extending the arms to maintain the scoop arm line.

SUN SALUTATION: In This World Of Ours | 4:40

Track Time	Lyrics	Choreography	Reps	Counts	X 8
00:00	Intro	Chair Pose Step Up Mountain Pose, <i>Inhale/Exhale</i> Arms Lift O/H in High V, <i>Inhale</i> Chair Pose Bend knees hips back, <i>Exhale/Inhale</i>	1	16 8 8	4 x 8
00:24	I can see	Sun Salutation Low L Forward Fold, <i>Exhale</i> Halfway Lift, hands or elbows to thighs, <i>Inhale</i> Kneeling Lunge, L leg B, <i>Exhale</i> Kneeling Plank or Table Top, <i>Inhale</i> Tricep Lower or Cat, <i>Exhale</i> Baby Cobra or Cow, <i>Inhale</i> Downward Dog, <i>Exhale</i> Kneeling Lunge, L leg F, <i>Inhale</i> Kneeling Hamstring Stretch, <i>Exhale</i> Kneeling Lunge, <i>Inhale</i> Forward Fold, <i>Exhale</i> Chair Pose, <i>Inhale</i>	1	8 8 8 8 8 8 8 8 8 8 8 8 8	12 x 8
01:21	Here we are	Sun Salutation Low R	1	96	12 x 8
02:19	There thoughts	Sun Salutation High L Forward Fold, <i>Exhale</i> Halfway Lift, hands to shins, option to thighs, <i>Inhale</i> Lunge, L leg B, <i>Exhale</i> High Plank or Kneeling Plank or Table Top, <i>Inhale</i> Tricep Lower or Cat, <i>Exhale</i> Up Dog or Baby Cobra or Cow, <i>Inhale</i> Downward Dog, <i>Exhale</i> Lunge, L leg F, <i>Inhale</i> Pyramid or Kneeling Hamstring Stretch, <i>Exhale</i> Lunge, <i>Inhale</i> Forward Fold, <i>Exhale</i> Chair Pose, <i>Inhale</i>	1	8 8 8 8 8 8 8 8 8 8 8 8 8 8	12 x 8
03:16	Du, du, du	Sun Salutation High R	1	96	12 x 8
04:14	Outro	Backbend Backbend. Clasp hands or hands to lower back, <i>Inhale/Exhale</i>	1	32	4 x 8

SUN SALUTATION: TIPS

FOCUS:

To guide your class through three out of four rounds using Layer 2 breath cues consistently.

CHOREOGRAPHY AND MUSICALITY:

Each round of this Sun Salutations starts with a Chair Pose instead of Extended Mountain Pose. Be sure to practice so that it become habitual to sit into Chair Pose rather than Extended Mountain Pose.

TECHNIQUE:

Pyramid Pose, place your hands on to the ground framing the front foot, lengthening your front leg, and shift your hips and weight back. Keep your hips level, soften the front knee, option to lift front toe to deepen the stretch. Maintain a long spine by extending your collarbones forward or toward the foot.

COACHING:

Use Layer 2 breath cues consistently in three out of four rounds of the Sun Salutations to ensure your participants are getting the full experience of linking movement with breath.

PERFORMANCE – PRESENCE AND ESSENCE:

Plan to look out at your class and make eye contact where you can. This helps your class feel seen and connected to you and the experience.

STAR MOVE – Chair Pose

A fantastic pose to build deep heat in the lower body and strengthen legs and glutes. The lower the hips go, the stronger the pose becomes. However, be sure to maintain a tall posture in the torso, with the chest lifting, arms lifting and pulling back to assist.

Track Time	Lyrics	Choreography	Reps	Counts	X 8
00:00	Intro	Pyramid Pose Bind Set Up L L foot F, R foot B, hands behind back hold hands, forearms or elbows. <i>Inhale/Exhale</i>	1	32	4 x 8
00:22	In this life	Pyramid Pose Bind L Pyramid with bind, option hands to shin, soften front knee as needed. Inhale/Exhale	1	64	8 x 8
00:57	Someday	Warrior 3 L Arms reach F, weight transfers to L foot, R toe to ground or lifts, hips square to mat. <i>Inhale/Exhale</i> Arms open wide by sides. <i>Inhale/Exhale</i> Bend L knee. <i>Inhale</i> Straighten L knee. <i>Exhale</i> Bend L knee. <i>Inhale</i> Straighten L knee. <i>Exhale</i>	1	16 16 8 8 8 8	8 x 8
01:32	claps	Pyramid Pose Bind Set Up R	1	32	4 x 8
01:49	In this life	Pyramid Pose Bind R	1	64	8 x 8
02:24	Someday	Warrior 3 R	1	64	8 x 8
02:59	claps	Chair Pose Mountain Pose. <i>Inhale</i> Extended Mountain Pose, Arms High V. <i>Inhale</i> Chair Pose, Arms cross in front chest. <i>Exhale</i> Chair Pose Hold. <i>Inhale/Exhale</i>	1	8 8 16 16	8 x 8
03:34	Always	High Lunge with Backbend L Lunge, R foot B, arms lift O/H then open wide. Backbend. <i>Inhale/Exhale</i> Extended Lunge, Tip torso F arms scoop F and cross in front of chest. Inhale/Exhale	2	16 16	8 x 8
04:09	Someday	90/90 Lunge L Both knees bend. Arms wide in line with shoulders. Option: lift L heel. <i>Inhale/Exhale</i> Side Bend L. <i>Inhale/Exhale</i> Return to neutral spine. <i>Inhale/Exhale</i>	1	32 16 16	8 x 8
04:44	piano	90/90 Lunge R	1	64	8 x 8
05:20	Always	High Lunge with Backbend R	1	64	8 x 8
05:54	Outro	Chair Pose Chair Pose, arms cross at chest. <i>Inhale/Exhale</i>	1	32	4 x 8

STANDING STRONG: TIPS

FOCUS:

To use clear and concise Layer 1 coaching cues to ensure your participants feel success in the sequences.

CHOREOGRAPHY AND MUSICALITY:

This track has two distinct halves, reflected in both the music and the choreography. The first half is concentrated and grounded, while the second half is high energy and builds in intensity.

TECHNIQUE:

For the Pyramid Bind, place your feet a metre apart, with hips square to short edge of mat. Bring your hands behind your back, holding hands, forearms, or elbows in a bind to open shoulders and chest. Tip forward from hips with long spine and legs, softening the front knee as needed. Distribute your weight equally between both feet.

COACHING:

Focus on clear and concise Layer 1 coaching. Use body part direction cues during the first half of the track to ensure participants know what to do, even when their eyes are to the ground in Pyramid and Warrior 3.

PERFORMANCE – PRESENCE AND ESSENCE:

Tap into the lyrics of this empowering song to motivate and inspire your participants. Some examples of lyrics that may resonate are: “I will rise above”, “we are here”, “grateful for the lessons”, “always beautiful when the light shines through”.

STAR MOVE – 90/90 lunge with side bend and optional heel lift

This is an incredible pose to feel the deep burn in the legs, challenge your balance and core with a side bend and a front heel lift!

BALANCE:

Refuge | 4:03

Track Time	Lyrics	Choreography	Reps	Counts	X 8
00:00	Intro	Figure 4 Set Up L L foot to floor or thigh. Arms lift to shoulder height. <i>Inhale/Exhale</i>	1	16	2 x 8
00:22	Must be you	Figure 4 L Supporting knee bends, hips back, torso long, tipping from hips. <i>Inhale/Exhale</i>	1	32	4 x 8
00:58	Refuge	Tree Pose – Attitude L Tree Pose L foot to floor or along inseam of R leg. Arms cross in front of chest. <i>Inhale/Exhale</i> Attitude: L leg lifts behind knee bending Option: toe to floor. <i>Inhale/Exhale</i>	1	8 8	2 x 8
01:16	Refuge	Floating Half Moon L L leg lengthens, hips and shoulders turn to L. <i>Inhale/Exhale</i> L arm to floor or hovering, R arm to ceiling. <i>Inhale/Exhale</i>	1	8 8	2 x 8
01:34	Instrumental	Figure 4 R	1	32	4 x 8
02:10	Refuge	Tree Pose – Attitude R	1	16	2 x 8
02:28	Refuge	Floating Half Moon R	1	16	2 x 8
02:46	Take me	Reverse Tree R Reverse Tree: R foot behind L. Toe to floor or bend knee. Side bend to L. L hand down or holds foot; R arm on diagonal. Hips square. <i>Inhale/Exhale</i>	1	16	2 x 8
03:04	Refuge	Reverse Tree Pose Hold or Reverse Dancers R Hold Reverse Tree or press R foot into L hand, lift thigh up behind. Option: switch to traditional Dancers R hand holds R foot. <i>Inhale/Exhale</i>	1	16	2 x 8
03:22	Refuge	Reverse Tree L	1	16	2 x 8
03:40	Refuge	Reverse Dancers L	1	16	2 x 8

BALANCE: TIPS

FOCUS:

To move with passion and elegant technique to inspire your class.

CHOREOGRAPHY AND MUSICALITY:

Be mindful that Figure Four Pose has time for a long set up on the first side if you use the intro music but the second side has no set up time and goes straight into the pose. Tailor your coaching accordingly.

TECHNIQUE:

For Reverse Dancers, hold your right foot with your left hand. If this isn't accessible, hold Reverse Tree or alternatively do a traditional Dancers Pose, holding your R foot with R hand. Lift your chest proudly, engage your glutes, and push the foot into your hand while lifting the thigh up. Keep both hips level with each other.

COACHING:

This is a challenging balance track so be sure to consciously coach with supportive language throughout, especially in layer 3 coaching.

PERFORMANCE – PRESENCE AND ESSENCE:

This is a very special, dramatic and soulful piece of music with choreography to match. Practice the choreography and technique to feel confident and fully tap into its drama, expressing it through your body with passion and elegance.

STAR MOVE – Attitude to Floating Half Moon

The transition from Attitude to Floating Half Moon is beautiful but challenging, as your arms are crossed at the chest rather than extended out wide. This means that both brain and body have to work much harder to turn your hips and shoulders from a front-facing position to the side. If needed, open arms wide earlier, or embrace the challenge, knowing that your brain and body are getting stronger!

Track Time	Lyrics	Choreography	Reps	Counts	X 8
00:00	Intro	Chair Pose Mountain Pose <i>Inhale</i> Extended Mountain arms in High V <i>Exhale</i> Chair hips back <i>Inhale/Exhale</i> <i>Inhale</i>	1	8 8 16	4 x 8
00:23	Instrumental	Sunsal Flow L Forward Fold <i>Exhale</i> Halfway Lift, hands or elbows to thighs or shins <i>Inhale</i> Kneeling or knee lifted Lunge, L leg B. <i>Exhale</i> Kneeling Plank, High Plank or Table Top. <i>Exhale</i> Tricep Lower or Cat. <i>Exhale</i> Baby Cobra or Cow <i>Inhale</i> Downward Dog <i>Exhale</i> Lunge, L leg F, R knee up <i>Inhale</i>	1	8 8 8 8 8 8 8 8	8 x 8
01:00	My overdrive	High Lunge L High Lunge, Arms cross in front of chest. <i>Inhale/Exhale</i> Arms lift O/H then open wide. Backbend. <i>Inhale/Exhale</i>	1	8 16 16	4 x 8
01:17	I love the	Warrior 3 L Weight transfers to L leg, L knee bends, R leg up or down. Arms wide by sides. <i>Inhale</i> <i>Exhale</i>	1	32	4 x 8
01:36	I love the	90/90 Lunge L Both knees bend. Arms wide in line with shoulders. Option: lift L heel. <i>Inhale/Exhale</i> Side Bend L <i>Inhale/Exhale</i> Return to neutral spine. <i>Inhale/Exhale</i>	1	16 8 8	4 x 8
01:54	In the spotlight	Reverse Tree Pose Hold or Dancers R Reverse Tree, R foot behind L. Toe to floor or bend knee. Side bend to L. L hand down or holds foot, R arm on diagonal. Hips square. <i>Inhale/Exhale</i> Hold Reverse Tree or press R foot into L hand, lift thigh up behind. <i>Inhale/Exhale</i>	1	16 16	4 x 8
02:13	I find my way	Sunsal Flow L Kneeling or knee lifted Lunge, L leg B. <i>Inhale</i> Kneeling Plank, High Plank or Table Top. <i>Inhale</i> Tricep Lower or Cat. <i>Exhale</i> Baby Cobra or Cow. <i>Inhale</i>	1	8 8 8 8	4 x 8
02:30	I am the	Flip The Dog L Downward Dog. <i>Exhale/Inhale/Exhale</i> 3-Legged dog L leg lifts open hip or 3-legged Table Top L. Bend L knee. <i>Inhale/Exhale</i> Flip Dog – L toe comes over R leg and R side of body to floor on R side. <i>Inhale</i> Release R hand and reach R arm O/H. <i>Exhale</i> If kneeling, press hips to L side. If on R toes, press hips towards ceiling. <i>Inhale/Exhale</i>	1	16 16 8 8 16	8 x 8
03:07	Here we go	Return to Chair L L leg F to Lunge. <i>Inhale/Exhale/Inhale</i> Fwd Fold. <i>Exhale</i> Chair Pose arms High V. <i>Exhale</i>	1	16 8 8	4 x 8
03:26	Here we go	Sunsal Flow R	1		8 x 8
04:02	Do, do, do	High Lunge R	1		4 x 8
04:20	I love the	Warrior 3 R	1		4 x 8
04:39	In the spotlight	90/90 Lunge R	1		4 x 8
04:57	Instrumental	Reverse Tree Pose Hold or Dancers L	1		4 x 8
05:16	In the	Sunsal Flow R	1		4 x 8
05:33	I love the	Flip The Dog R	1		8 x 8
06:10	Here we go	Return to Chair R	1		4 x 8
06:28	In the	Chair Pose Twist L and R Hands to heart in prayer. <i>Inhale</i> Chair Pose Twist L. <i>Exhale</i> Repeat R	1	8 8 16	4 x 8

FLOW: TIPS

FOCUS:

To coach Flip the Dog safely, demonstrating the appropriate option for your participants.

CHOREOGRAPHY AND MUSICALITY:

This track moves swiftly, so be sure to know the music and choreography inside out.

TECHNIQUE:

For Flip the Dog: Start from 3-Legged Dog with your L leg lifted. Open hip or come into 3-Legged Table Top with your L leg. Bend your L knee and transition into Flip Dog by bringing your left toe over your right leg and placing the right side of your body on the floor. Engage your core. Release your R hand and reach your R arm O/H. If you are kneeling, press your hips to the L side; if on R toes, press hips towards ceiling. Squeeze your glutes and keep your gaze towards the floor, wall, or ceiling.

COACHING:

To ensure your participants know exactly where to move, start by primarily stating the name of the pose and whether to inhale or exhale. Then give supportive coaching on how to execute the move safely.

PERFORMANCE – PRESENCE AND ESSENCE:

Command with a clear voice to keep everyone on track in this faster moving flow.

STAR MOVE – 3-Legged Dog with open hip and optional bent knee

This is a beautiful pose to open the hips and deep psoas muscles, while strengthening the shoulders and back, and lengthening the back of supporting leg.

POSTERIOR: With You My Life Is Better | 3:48

Track Time	Lyrics	Choreography	Reps	Counts	X 8
00:00	Intro	Table Top Set Up	1	10	1 x 10
00:15	I cant stop	Fire Hydrant L L leg lifts by side, knee 90 degrees. Exhale L leg lengthens to side, toe to floor, or hovering off ground. Inhale L leg bends at 90 degrees. Exhale L leg lowers back to Table Top. Inhale Last rep finish with L leg to B, toes to ground.	4	4 4 4 4	8 x 8
00:53	With you my	Leg lift to Shoulder Protraction L L leg lifts to hip height. Exhale L leg lowers, toes to ground. Inhale Shoulders protract, upper back rounds. Exhale Neutral shoulders and spine. Inhale	2	4 4 4 4	4 x 8
01:12	With you my	Leg lift with Press Up to Shoulder Protraction with Shin Lift L L leg lifts to hip height, bend elbows to bottom of press up. Exhale L leg lowers, toes to ground. Straighten arms. Inhale Shoulders protract upper back rounds, R shin lifts off of ground. Exhale Neutral shoulders and spine, R shin to ground. Inhale	2	4 4 4 4	4 x 8
01:31	With you my	Leg lift with Press Up to Shoulder Protraction Mountain Climber L L leg lifts to hip height, bend elbows to bottom of press up. Exhale L leg lowers, toes to ground. Straighten arms. Inhale Shoulders protract upper back rounds, R knee moves towards nose or outside of R elbow. Exhale Neutral shoulders and spine, R shin to ground. Inhale	2	4 4 4 4	4 x 8
01:51	Here we go	Fire Hydrant R	4	64	8 x 8
02:29	With you my	Leg lift to Shoulder Protraction R	2	32	4 x 8
02:48	With you my	Leg lift with Press Up to Shoulder Protraction with Shin Lift R	2	32	4 x 8
03:07	With you my	Leg lift with Press Up to Shoulder Protraction Mountain Climber R	2	32	4 x 8
03:27	Outro	Extended Wide Leg Childs Pose Knees wide, hips to heels, arms reaching F, hands to ground. Inhale/Exhale	1	20	2 x 10

POSTERIOR: TIPS

FOCUS:

To coach the benefits of Shoulder Protraction.

CHOREOGRAPHY AND MUSICALITY:

You have three main options plus an alternate option for the Leg Lift Shoulder Protraction combination, so everyone can enjoy the benefits of this exciting new combination. Be sure to layer these options in slowly and role model the best one for your class.

TECHNIQUE:

For Fire Hydrant: From Table Top, lift the leg at 90-degree angle to the side, extending it with toe either on the ground, or hovering off of the floor. Re-bend the knee to 90 degrees and then lower it. Press firmly into both hands and engage your core muscles. Avoid leaning to one side.

COACHING:

To motivate your class to work hard, focus on benefits led Layer 3 coaching cues. Explaining why they should perform a move and what the benefits are will help keep them engaged in the pose, making them fitter and stronger while feeling proud of themselves.

PERFORMANCE – PRESENCE AND ESSENCE:

This track will get your class working hard, so be present and attentive to what's happening in the room. Stay connected by motivating them with praise and using their names.

STAR MOVE – Shoulder Protraction

Shoulder Protraction in Table Top and Plank is a great way to engage the chest, shoulders and muscles of the rib cage. Additionally, it creates extra space for your knee to move underneath and forward in a Mountain Climber.

CORE:

90s Casanova | 3:50

Track Time	Lyrics	Choreography	Reps	Counts	X 8
00:00	Piano intro	Side Lying Oblique Crunch Set Up L Lie on L side. Exhale Knees bending, L knee to ground, R foot behind L leg to mat. Inhale L arm F in line with shoulder to floor, palm down. Exhale R arm O/H. Inhale	1	32	4 x 8
00:22	I'll be your	Side Lying Oblique Crunch Slow L L knee lifts, R arm reaches towards R foot, push into L forearm and hand, side bend / Oblique Crunch towards R foot. Exhale L knee lowers, R arm reaches O/H, torso lowers to floor. Inhale Option: leave L leg and bend R knee towards R elbow.	2	8 8	4 x 8
00:36	Instrumental	Side Lying Oblique Crunch L L knee lifts, R arm reaches towards R foot, push into L forearm and hand, side bend / Oblique Crunch towards R foot. Exhale L knee lowers, R arm reaches O/H, torso lowers to floor. Inhale Option: leave L leg and bend R knee towards R elbow.	4	4 4	4 x 8
00:55	Yea how you move	Side Lying Oblique Crunch with Bent or Straight Moving Leg L L leg lengthens and lifts, R arm reaches towards R foot, push into L forearm and hand, side bend / Oblique Crunch towards R foot. Exhale L knee lowers, R arm reaches O/H, torso lowers to floor. Inhale Option: keep L knee bent or leave L leg and bend R knee towards R elbow.	4	4 4	4 x 8
01:10	Yea how you move	Side Lying Oblique Crunch with Bent or Straight Moving Leg Up Quick, Hold, Lower L L leg lengthens and lifts, R arm reaches towards R foot, push into L forearm and hand, side bend / Oblique Crunch towards R foot. Exhale Hold crunch. Exhale L knee lowers, R arm reaches O/H, torso lowers to floor. Inhale Option: keep L knee bent or leave L leg and bend R knee towards R elbow.	4	1 3 4	4 x 8
01:27	I'll be your 90's	Side Lying Oblique Crunch Set Up R	1	48	6 x 8
01:51	Everybody can	Side Lying Oblique Crunch Slow R	2	32	4 x 8
02:08	Yea how you move	Side Lying Oblique Crunch R	4	32	4 x 8
02:24	Yea how you	Side Lying Oblique Crunch with Bent or Straight Moving Leg R	4	32	4 x 8
02:40	Yea how you	Side Lying Oblique Crunch with Bent or Straight Moving Leg Up Quick, Hold, Slow Lower R	4	32	4 x 8
02:57	I'll be your	C Crunch Set up Lie on back, knees bend, fingertips to temples. Exhale Option: prop up on elbows.	1	32	4 x 8
03:13	If you want me	C - Crunch or Alternating Leg Lift on Elbows Crunch up curling head and upper back off the floor, lifting one or both knees up over hips. Option: lift L leg up. Exhale Lower upper body, head and legs back down to mat. Option: lower L leg. Inhale	4	4 2	4 x 8
03:30	I'll be your	C - Crunch Up Quick, Hold, Lower Crunch up, curling head and upper back off the floor, lifting one or both knees up over hips. Option: lift L leg up. Exhale Hold Crunch or leg lift. Exhale Lower upper body, head and legs back down to mat. Option: lower L leg. Inhale	4	2 2 4	4 x 8

CORE: TIPS

FOCUS:

To know the choreography and rhythm changes off by heart.

CHOREOGRAPHY AND MUSICALITY:

There are only two moves in this entire track. The intensity builds through range of motion options, repetition, and fun rhythm changes.

TECHNIQUE:

For C-Crunch: Start in a semi supine position. Engage your abdominal muscles. Flex the spine, lifting your head and upper back off the floor. Slide your rib cage toward your pelvis while simultaneously lifting one or both knees to a 90-degree angle over your hips. Lower your upper body, head, and legs back down to mat.

COACHING:

Decide exactly how you will coach Layer 1 cues for the Side Lying Oblique Crunch Set Up position, using the Masterclass for inspiration. Ensure your class understands where their body needs to be, even if they cannot see you.

PERFORMANCE – PRESENCE AND ESSENCE:

On the second side of the Side Lying Oblique Crunch, connect with your class by having fun through eye contact, smiles and laughter.

STAR MOVE – Side Lying Oblique Crunch

This contralaterally designed move creates and resists rotational forces, developing greater core stability and strengthening both the inner thighs and obliques. Additionally, it enhances neuromuscular connectivity by engaging opposite sides of the body.

HIPS:

Rise Above It All | 4:29

Track Time	Lyrics	Choreography	Reps	Counts	X 8
00:00	Intro	Set up Rock the Baby L Sit bones to mat, R leg bending, heel towards groin, hold L leg bending with both arms, L foot flexed. Inhalation/Exhalation	1	16	2 x 8
00:17	Some days feel	Rock the Baby L Sit, R leg bending, heel towards groin, hold L leg bending with both arms, L foot flexed, Intuitive movement, mobilising hip. Inhalation/Exhalation	1	8 24	2 x 8
00:38	Take the chance	Modified 1/2 Lotus Set Up L Sit cross leg, R heel to groin, L foot to floor, shin or thigh. Both feet flexed. Inhalation/Exhalation	1	16	2 x 8
00:50	Rise above	Modified 1/2 Lotus L Hands to ground, tall posture. Inhalation/Exhalation	1	16	2 x 8
01:00	Whoever	Modified 1/2 Lotus with Eagle Arms L R arm on top of L arm, Elbows bend, Back of hands or palms connect. Inhalation/Exhalation	1	16	2 x 8
01:13	Oh, oh	Modified 1/2 Lotus with Eagle Arms Fold L Flex spine F. Inhalation/Exhalation Hold flex spine. Inhalation/Exhalation	1	8 24	4 x 8
01:35	Oh, oh	90/90 with Side Bend R 90/90 L leg back. Inhalation/Exhalation L arm lifts. Inhalation/Exhalation Side bend R. Inhalation/Exhalation	1	8 8 16	4 x 8
01:57	Piano	90/90 with Neck Stretch R L hand to R side of head, L ear to L shoulder. Inhalation/Exhalation R hand presses to R diagonal, push through heel of hand. Inhalation/Exhalation Hold neck stretch. Inhalation/Exhalation	1	8 8 16	4 x 8
02:21	They say	Rock the Baby R	1	16	2 x 8
02:43	Take the chance	Modified 1/2 Lotus Set Up R	1	16	2 x 8
02:54	Rise above	Modified 1/2 Lotus R	1	32	4 x 8
03:06	Whoever	Modified 1/2 Lotus with Eagle Arms R	1	16	2 x 8
03:17	Rise above	Modified 1/2 Lotus with Eagle Arms Fold R	1	16	2 x 8
03:39	Oh, oh	90/90 with Side Bend L	1	32	4 x 8
04:02	Oh, oh	90/90 with Neck Stretch L	1	32	4 x 8

HIPS: TIPS

FOCUS:

To use a calm tone of voice to help your class slow down and relax into the hip openers.

CHOREOGRAPHY AND MUSICALITY:

Be aware there is a swift transition to Rock the Baby on second side.

TECHNIQUE:

For Rock the Baby: Flex your foot and ankle and hold the knee and shin in your arms. Lift your leg towards your torso while maintaining a lifted, lengthened spine. Gently move the leg from side to side. Be mindful not to force the leg too close to the chest, as this could compromise knee safety.

COACHING:

Make coaching Layer 2 cues a priority in this track. Deep hip openers require a calm nervous system, and deep, focused breathing will help achieve this.

PERFORMANCE – PRESENCE AND ESSENCE:

Shift your voice to a calmer, more grounded tone. This will mark the change in energy of the class and help participants slow down and relax into the hip openers.

STAR MOVE – Eagle Arms

This is a beautiful move to relieve tension in the upper back and neck by creating space between the shoulder blades.

SPIRALS:

We Can Make It There | 4:27

Track Time	Lyrics	Choreography	Reps	Counts	X 8
00:00	Intro	Table Top	1	16	2 x 8
00:17	I can feel the energy	Kneeling Lunge to Lunge Twist L L leg F, hands to mat. <i>Inhale/Exhale</i> L hand to thigh <i>Inhale/Exhale</i> R arm O/H. <i>Inhale/Exhale</i> Option: Lunge R foot F.	1	16 8 8	4 x 8
00:42	We can make it	Revolved Reverse Lunge L Lengthen spine. <i>Inhale</i> Twist L. L hand to L B Glutes squeeze. <i>Exhale</i> Hold Revolved Reverse Lunge. <i>Inhale/Exhale</i>	1	8 8 16	4 x 8
01:08	Instrumental	Lunge Twist L R arm to floor, elbow to L thigh or top of tricep across outside of L thigh. chest turns L. <i>Inhale/Exhale</i> L arm up to ceiling or O/H. <i>Inhale/Exhale</i>	1	16 16	4 x 8
01:33	I can feel the	Kneeling Lunge to Lunge Twist R	1	32	4 x 8
01:59	We can make	Revolved Reverse Lunge R	1	32	4 x 8
02:25	Instrumental	Lunge Twist R	1	32	4 x 8
02:50	I can feel	Forward Fold to Chair Pose Forward Fold, feet together or hip width. <i>Inhale/Exhale</i> Chair pose, bend knees, hips sink back; arms in High V. <i>Inhale/Exhale</i>	1	16 16	4 x 8
03:16	We will make	Prayer Twist R Hands to heart in prayer. <i>Inhale</i> Turn chest to R. <i>Exhale</i> Hold Chair Pose Twist. Option: open arms. L arm to R thigh. R arm O/H. <i>Inhale/Exhale</i>	1	8 8 16	4 x 8
03:41	We will make	Prayer Twist L	1	32	4 x 8
04:08	Instrumental	Extended Mountain to Baby Backbend Arms O/H, palms together. <i>Inhale</i> Option: Baby Backbend. <i>Exhale</i>	1	8 8	2 x 8

SPIRALS: TIPS

FOCUS:

To coach Revolved Reverse Lunge with clear Layer 1 safety cues.

CHOREOGRAPHY AND MUSICALITY:

At the end of the track, you have a Chair Pose Twist. Depending on your studio setup and visibility, you can choose whether to face the front or side.

TECHNIQUE:

For Lunge Twist: Start in a kneeling lunge with your L leg F. Turn from waist so your chest faces the leading leg, placing your R arm on the floor, or your elbow to L thigh, or on your tricep across outside of your L thigh. Turn your chest L and extend your L arm up towards the ceiling or O/H. Keep your hips level by drawing your inner thighs towards each other. Lengthen your spine before twisting.

COACHING:

Support the spine in Revolved Reverse Lunge by coaching Layer 1 safety cues, such as lengthening the spine, lifting the abdominals, and squeezing the glutes. The supporting arm can be placed on the lower back or lower shin.

PERFORMANCE – PRESENCE AND ESSENCE:

Spirals can be tricky to teach due to coordination challenges. Make it clear that you are mirroring their movements. Keep the class's attention by connecting with them through a clear and engaging vocal tone and eye contact.

STAR MOVE – Star - Revolved Reverse Lunge

This is a challenging posture that deeply twists the spine. While the twist is energising and detoxifying ensure safety by moving slowly into it. Use a range of motion supported by engaged abdominals and glutes and focused breath.

STRETCH: Living Life With Meaning | 5:20

Track Time	Lyrics	Choreography	Reps	Counts	X 8
00:00	Instrumental	Forward Fold to Downward Dog Forward fold. <i>Inhalation/Exhalation</i> Downward Dog, hands to ground shoulder width apart, walk feet back hip width apart, hips high. <i>Inhalation/Exhalation</i>	1	16 16	4 x 8
00:32	Illumination	3-Legged Dog with Open Hip R R leg lifts, R hip above L hip, shoulders square to mat. <i>Inhalation/Exhalation</i> Bend R knee. <i>Inhalation/Exhalation</i>	1	16 16	4 x 8
01:00	Deep in	3-Legged Dog with Open Hip L	1	32	4 x 8
01:27	Oh, oh	90/90 with Twist L 90/90, L knee F, L shin to mat, R knee bending B. <i>Inhalation/Exhalation</i> Lengthen spine. Turn chest L. <i>Inhalation/Exhalation</i> Option: R forearm to mat, press L hand into floor to twist more.	1	8 8 16	4 x 8
01:55	Instrumental	Transition to 90/90 L Lift knees drop to R, R Leg F, L leg B. <i>Inhalation/Exhalation</i>	1	16	2 x 8
02:09	In your eyes	90/90 with Twist R	1	32	4 x 8
02:36	Oh, oh	Half Straddle with Side Bend L L leg long, R knee bending R foot to groin. R arm O/H. <i>Inhalation/Exhalation</i> Side bend L. <i>Inhalation/Exhalation</i>	1	8 8 24	5 x 8
03:03	Oh, oh	Half Straddle with Side Bend R	1	40	5 x 8
03:43	Illumination	Supine Twist L Lie on back, knees to L, shoulders and arms to mat. <i>Inhalation/Exhalation</i>	1	32	4 x 8
04:12	Deep in the	Supine Twist R	1	32	4 x 8
04:39	Oh, oh	Modified Fish Pose Legs long, hands under glutes, elbows and forearms to mat underneath back. <i>Inhalation/Exhalation</i> Spine extends, chest lifts to ceiling. Chin to throat or, if comfortable, head drops back. <i>Inhalation/Exhalation</i>	1	16 16	4 x 8

STRETCH: TIPS

FOCUS:

To move with control, elegance, and poise.

CHOREOGRAPHY AND MUSICALITY:

Be mindful of the swift transitions to Supine Twist and set up Fish Pose.

TECHNIQUE:

In Half Straddle with Side Bend: Sit on both sit bones, maintaining a long spine. Extend your L leg long while bending your R knee, bringing your R foot to groin. Reach the R arm overhead and Side Bend L, keeping both sit bones grounded and your L knee upright.

COACHING:

Use your Layer 3 feel cues to create a deep, introspective experience for your participants.

PERFORMANCE – PRESENCE AND ESSENCE:

Move with control, poise, and elegance to encourage these qualities in your class. Maintain them until the very end of the movement section.

STAR MOVE – Modified Fish Pose

This is a beautiful pose to release tension through the front of the torso, opening the heart and throat.

SOUND MEDITATION

Over the next 5 minutes you will experience the beautiful sounds of this meditation track. I will guide you through your breathwork and ask that you remain present throughout in both body and mind.

Allow yourself to come into a position that feels comfortable for you.
Whether seated, lying on your side or back.

Slowly and mindfully, breathe in through your nose and out. Allow any tension or stress to ease away. Freeing up your mind and body from daily stresses or worries. Using this time to focus on yourself and your wellbeing.

Breathing in your own time, slowly starting to make each 'in' breath longer and deeper. Becoming aware of your breath as it passes in and out.

Gathering energy on your inhale, holding on to that feeling, before releasing on your exhale.

Feeling the light inside that your breath creates. Your radiance.
Your inner glow. It belongs to you, and only you.

Let yourself drift towards this light, where all is peaceful and calm.

Filling your heart with light and love on each inhalation and allow all that casts shadow to fade away as your light grows stronger.

Feel the power of your light awakening your senses, radiating through your body, your mind. Let it fill you up and lift you higher until you shine brighter than the sun. Your light, your energy, may it guide you always.

Starting to make small movements in your body, bringing back a little warmth. Slowly beginning to stretch out as you inhale. Maybe hugging your knees to your chest if you are on your back, or perhaps rolling on to your side.

Safely roll to one side if you haven't already, making your way slowly up to a seated position. Sitting tall on your sit bones, hands resting against legs.

Inhale, circle hands above your head. Pressing palms together. Exhale, lowering hands to heart as you bow your head. Blinking eyes open, gently lift your gaze as you inhale.

Thank you for joining me today for SPIRIT release 17, SERENITY.