



SPIRIT

MIND • STRENGTH • BODY



18

REJUVENATE

INSTRUCTOR CHOREOGRAPHY NOTES

RELEASE 18 REJUVENATE

Release 18 Rejuvenate is a refreshing experience designed to renew both body and mind.

The sequences will awaken your senses, release tension, and create space for new energy and focus. The music will connect you deeply to your inner strength, feeling energised and balanced.

By the end of the session, you will feel restored and ready for whatever comes next.



Key Teaching Notes for Release 18:

- **Mat Orientation:** choose either vertical or horizontal setups depending on your space and the best way to clearly guide your class while facing them.
- **Adaptability:** adjust your demonstrations to meet the needs and abilities of your participants, offering options and progressions to match their individual goals.

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:

Rejuvenate Me | 4:05

Track Time	Lyrics	Choreography	Reps	Counts	X 8
00:00	Intro	Wide Stance Set Up Feet step wide, toes turn out. <i>Inhale/Exhale</i> Arms lift to shoulder height; elbows bend, fingers to temples. <i>Inhale/Exhale/Inhale</i>	1	16 16	4 x 8
00:25	This life	Goddess Squat with Flexion and Extension Goddess Squat with elbows forward, flex spine. <i>Exhale/Inhale</i> Straighten legs, elbows wide, baby backbend; on the last rep, stretch arms wide. <i>Exhale/Inhale</i>	4	8 8	8 x 8
01:05	Covet me	Squat with Side Bend L and R Squat and side bend left; reach your right arm overhead, wrap your left arm around your waist. <i>Exhale</i> Straighten your legs, staying in the side bend. <i>Inhale</i> Return to the squat, keeping the side bend. <i>Exhale</i> Straighten your legs and stretch both arms wide to the sides. <i>Inhale</i> (Repeat R)	4	2 2 2 2 8	8 x 8
01:46	With you here	Alternating Lateral Lunge with Twist L and R Bend your left knee into a side lunge, tip your hips, and bring your torso parallel to the ground with arms wide. <i>Exhale</i> Twist your chest, shoulders, and arms to the left. <i>Inhale</i> Return your chest, shoulders, and arms parallel to the ground. <i>Exhale</i> Straighten your left leg, lift your chest, and extend your arms wide. <i>Inhale</i> (Repeat R)	2	4 4 4 4 16	8 x 8
02:26	Covet me	Squat with Side Bend L and R (Option: lift the heels) Squat and side bend left; reach your right arm overhead, wrap your left arm around your waist. <i>Exhale</i> Straighten your legs, staying in the side bend. <i>Inhale</i> Return to the squat, keeping the side bend. <i>Exhale</i> Straighten your legs and stretch both arms wide to the sides. <i>Inhale</i> (Repeat R)	4	2 2 2 2 8	8 x 8
03:06	Covet me	Throw Down with Arm Circle Bend your knees, throw arms down and back, and tip from the hips until your torso is parallel to the ground. <i>Exhale</i> Straighten your legs, lift your chest, and clasp hands overhead. <i>Inhale</i> Circle both arms back and down. <i>Exhale</i> Circle arms forward and clasp hands overhead. <i>Inhale</i>	8	2 2 2 2	8 x 8
03:47	Outro	Backbend Circle arms back, hands to lower back or clasped behind. <i>Exhale/ Inhale</i> Backbend. <i>Exhale/Inhale</i>	1	16 16	4 x 8

WARM UP: TIPS

FOCUS:

To help release tension through movement and breath.

CHOREOGRAPHY & MUSICALITY:

Use simple movements that allow the spine to move in all three planes.

TECHNIQUE:

Pay close attention to knee alignment during poses where your knees bend but your upper body moves in a different plane. For example, in the Goddess Squat with Flexion or the Lateral Lunge with Twist, engage your glutes and press your knees out and back to keep them aligned as your upper body moves.

COACHING:

Guide your class to release tension during the Throw Down by using Layer 2 breath cues. Encourage them to exhale audibly through their mouth as they throw, helping them feel both release and renewal.

PERFORMANCE – PRESENCE & ESSENCE:

Since this is the Warm Up, move with energy and purpose. Inspire your class to do the same, setting the tone for a successful session.

STAR MOVE – LATERAL LUNGE WITH TWIST

This move is perfect for stretching the inner thighs, releasing the thoracic spine, and engaging the core.

SUN SALUTATION:

Pass Me By | 5:45

Track Time	Lyrics	Choreography	Reps	Counts	X 8
00:00	Intro	Extended Mountain Pose Set Up Feet wide or toes touch in mountain pose. <i>Exhale/Inhale</i> Extended Mountain, palms press together, lift through midline O/H. <i>Exhale/ Inhale</i>	1	16 16	4 x 8
00:24	There comes	Sun Salutation Low L Forward Fold. <i>Exhale</i> Halfway Lift (hands to thighs). <i>Inhale</i> Forward Fold. <i>Exhale</i> Left Leg Back to Lunge (knee down). <i>Inhale</i> Kneeling Plank or Tabletop. <i>Exhale</i> Kneeling Plank or Tabletop (hold). <i>Inhale</i> Tricep Lower on knees or Cat Pose. <i>Exhale</i> Baby Cobra or Cow Pose. <i>Inhale</i> Baby Cobra or Cow Pose with Neck Stretch (Left ear to Left shoulder). <i>Exhale</i> Baby Cobra or Cow Pose with Neck Stretch (Left ear to Left shoulder). <i>Inhale</i> Downward Dog (shortened stance, walk feet in, try to ground heels). <i>Exhale</i> Downward Dog (hold). <i>Inhale</i> Downward Dog (hold). <i>Exhale</i> Left Leg forward to Lunge. <i>Inhale</i> Forward Fold. <i>Exhale</i> Extended Mountain Pose (palms together, arms through midline). <i>Inhale</i>	1	8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8	16 x 8
01:39	So look around	Sun Salutation Low R	1	128	
02:54	There comes	Sun Salutation High L Forward Fold. <i>Exhale</i> Halfway Lift, hands to shins or thighs. <i>Inhale</i> Forward Fold. <i>Exhale</i> Left Leg Back to Lunge, knee up or down. <i>Inhale</i> Plank (knees up or down) or Tabletop. <i>Exhale</i> Plank (knees up or down) or Tabletop (hold). <i>Inhale</i> Tricep Lower on Knees or Toes, or Cat Pose. <i>Exhale</i> Up Dog, Baby Cobra, or Cow Pose. <i>Inhale</i> Up Dog, Baby Cobra, or Cow Pose with Neck Stretch (Left ear to Left shoulder). <i>Exhale</i> Up Dog, Baby Cobra, or Cow Pose with Neck Stretch (Left ear to Left shoulder). <i>Inhale</i> Downward Dog with shortened stance (walk feet in, try to ground heels). <i>Exhale</i> Downward Dog Twist (Left hand to Right leg) or stay in Downward Dog. <i>Inhale</i> Downward Dog Twist (Left hand to Right leg) or stay in Downward Dog (hold). <i>Exhale</i> Left Leg Forward to Lunge. <i>Inhale</i> Forward Fold. <i>Exhale</i> Baby Backbend or Extended Mountain Pose (arms through midline). <i>Inhale</i>	1	8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8	16 x 8
04:09	So look around	Sun Salutation High R	1	128	16 x 8
05:25	Outro	Extended Mountain or Baby Backbend	1	32	4 x 8

SUN SALUTATION: TIPS

FOCUS:

Follow the coaching structure for each round of sun salutations.

CHOREOGRAPHY & MUSICALITY:

Guide your class through four rounds with three levels of intensity to choose from. Take your time introducing higher options.

TECHNIQUE:

For the Downward Dog Twist, shorten your stance and lower heels towards the ground which will stabilize your hips, protecting your lower back. If adding a twist, take your hand to the outside of the opposite leg and rotate from the middle of your spine up into your neck.

COACHING:

Use this structure:

Round 1: Layer 1 cues.

Round 2: Layer 1 and Layer 2 cues.

Round 3: Layer 1, Layer 2, and some Layer 3 cues.

Round 4: Layer 2 and Layer 3 cues.

PERFORMANCE – PRESENCE & ESSENCE:

Use dynamic vocal tones. Speak with a strong, clear tone when introducing new moves. Use a softer, more emotive tone when giving Layer 3 cues toward the end of the track.

STAR MOVE – BABY COBRA/UP DOG WITH NECK STRETCH:

This move helps open the front of the body, relieve neck tension, and support nervous system regulation through relaxation and breath awareness.

STANDING STRONG:

Cos I Believe | 6:13

Track Time	Lyrics	Choreography	Reps	Counts	X 8
00:00	I believe	Triangle Setup L Step feet wide. <i>Inhale</i> Turn toes to the left. <i>Exhale</i> Lift arms to shoulder height. <i>Inhale</i> Square hips to the long edge of the mat. <i>Exhale</i>	1	8 8 8 8	4 x 8
00:22	I feel it in my	Triangle Pose Sequence L Reach to the left. <i>Inhale</i> Left hand on left thigh, shin, or ground. (Option: soften left knee.) <i>Exhale</i> Triangle Pose (hold.) <i>Inhale/Exhale</i> Triangle Pose (Option: reach right arm to left side.) <i>Inhale</i> Triangle Pose (Option: reach left arm to clasp right hand.) <i>Exhale</i> Triangle Pose (hold.) <i>Inhale/Exhale</i>	1	8 8 48 8 8 16	12 x 8
01:16	Oh, oh	Warrior 2 L Rise up from Triangle, widen your stance into Warrior 2, bending the left knee. <i>Inhale/Exhale</i> Extend arms wide, in line with shoulders, palms facing up. <i>Inhale/Exhale</i> Warrior 2 (hold.) <i>Inhale/Exhale</i>	1	16 16 32	8 x 8
01:50	Cos I believe	Extended Warrior 1 L Set up Warrior 1 facing left. <i>Inhale/Exhale</i> Arms by sides, palms facing outward. Tip torso forward over thigh into Extended Warrior 1. <i>Inhale/Exhale</i> Extended Warrior 1 (hold.) <i>Inhale/Exhale</i> Sweep arms forward, hands together. <i>Inhale/Exhale</i> Lift torso and arms, face forward, toes out. <i>Inhale</i> Move into Goddess Squat. <i>Exhale</i>	1	16 16 32 16 16 8 8	14 x 8
02:43	instrumental	Goddess Squat with Arm Circle Clasp hands together, lower them through the midline. <i>Inhale/Exhale</i> Circle arms wide, then overhead to clasp hands. <i>Inhale/Exhale</i>	1	16 16	4 x 8
03:00	Cos I believe	Triangle Setup R	1	32	4 x 8
03:18	bones	Triangle Pose Sequence R	1	96	12 x 8
04:10	Oh, oh	Warrior 2 R	1	64	8 x 8
04:45	Cos I believe	Extended Warrior 1 R	1	112	14 x 8
05:37	instrumental	Goddess Squat Arm Circle	1	32	4 x 8
05:55	Outro	Goddess Squat Stay in squat arms O/H, hands clasped. <i>Inhale/Exhale</i>	1	32	4 x 8

STANDING STRONG: TIPS

FOCUS:

Breathe deeply with your class as you hold the postures.

CHOREOGRAPHY & MUSICALITY:

Repeat one sequence twice, facing both the front and side of the room.

TECHNIQUE:

In Extended Warrior 1, bend the front knee and press the back heel into the ground. Tip from your hips with a long spine. Pull your arms back by your sides, squeeze your shoulder blades together, palms facing out, and thumbs pointing up. Aim to create a diagonal line from the grounded back heel to the crown of your head.

COACHING:

Use the long holds in Triangle Pose and Warrior 2 Pose to explore Layer 2 coaching, while also breathing deeply and visibly to inspire your class.

PERFORMANCE – PRESENCE & ESSENCE:

Allow silence for the music to shine. This can be challenging because there's so much to coach and share, so plan for moments of complete silence to help your class connect with the music and themselves.

STAR MOVE – TRIANGLE WITH HANDS CLASPED

The movement and engagement in the pose can enhance strength in the lower back (QL), the upper back and shoulders (lats), and the sides of the torso (obliques).

BALANCE: Take Good Care Of My Heart | 4:29

Track Time	Lyrics	Choreography	Reps	Counts	X 8
00:00	Intro	Pyramid Set Up L Facing R, L foot forward. (Option: open variation, step the right foot forward.) <i>Inhale/Exhale</i>	1	32	4 x 8
00:29	Take good care	Pyramid L Tip from your hips with a long spine and walk your hands down your left leg to your thigh, shin, or to the floor. <i>Inhale/Exhale</i>	1	32	4 x 8
00:52	The feeling	Revolved Triangle L Lift your left arm and turn your chest to face the front. (Option: move into Triangle Pose.) <i>Inhale/Exhale</i>	1	32	4 x 8
01:17	If the forest	Revolved Half Moon L Transfer your weight to your left foot, keeping your right toes grounded on the mat. Place your right hand on your shin, hold it under your shoulder, or place it on the floor. <i>Inhale/Exhale</i> (Option: move into Floating Half Moon or lift your right foot off the floor.)	1	32 32	8 x 8
02:05	instrumental	Pyramid Set Up R	1	32	4 x 8
02:29	Turn this	Pyramid R	1	32	4 x 8
02:54	The feeling	Revolved Triangle R	1	32	4 x 8
03:16	If the forest	Revolved Half Moon R	1	64	8 x 8
04:05	Outro	Balancing Extended Mountain or Baby Backbend Start in Mountain Pose, facing forward, with palms pressed together in prayer. Lift through the midline into Extended Mountain. <i>Inhale/Exhale</i> (Option: lift your heels and/or move into Baby Backbend.)	1	32	4 x 8

BALANCE: TIPS

FOCUS:

Link your Layer 3 coaching to the feeling of the music.

CHOREOGRAPHY AND MUSICALITY:

If someone in your class needs to avoid deep twists, encourage them to do the poses with the opposite leg in front. This way, they can face the same direction as the rest of the class without twisting. Revolved Triangle becomes regular Triangle, and Revolved Half Moon becomes Floating Half Moon.

TECHNIQUE:

In Revolved Triangle, step your feet about a meter apart. Tip from your hips with a long spine, keeping your hips level. Place your opposite hand on the front leg or the floor. Twist from the middle of your spine upwards and be mindful that your hips don't sway to one side.

COACHING:

This song has a beautiful feel. Listen to it and notice how it makes you feel. Think about what the lyrics mean to you and use that feeling to guide your Layer 3 coaching.

PERFORMANCE – PRESENCE AND ESSENCE:

Stay graceful by being compassionate and not forcing movements. If you wobble, that's okay. Remain calm and graceful to keep the energy in the room focused and calm.

STAR MOVE – REVOLVED HALF MOON:

This pose challenges your mind and body. It helps with balance, coordination, stability, and strengthens your core, hips, and legs, while also improving spinal flexibility.

Track Time	Lyrics	Choreography	Reps	Counts	X 8
00:00	Intro	Extended Mountain L Face L side, press palms together and lift through the midline, bringing arms O/H. <i>Inhale</i>	1	32	4 x 8
00:22	What would	Sun Salutation Sequence L Forward Fold. <i>Exhale</i> Halfway Lift, hands on thighs or shin. <i>Inhale</i> Forward Fold. <i>Exhale</i> Left leg back to Lunge, knees down or up. <i>Inhale</i> Kneeling Plank, Plank or Tabletop. <i>Exhale</i> Kneeling Plank, Plank or Tabletop. <i>Inhale</i> Lower to Triceps on knees or move into Cat Pose. <i>Exhale</i> Baby Cobra, Up Dog, or Cow Pose. <i>Inhale</i> Downward Dog. <i>Exhale</i> Downward Dog. <i>Inhale</i> Left leg forward to Lunge. <i>Exhale</i> Land right heel, move into Warrior 1. <i>Inhale</i>	1	8 8 8 8 8 8 8 8 8 8 8 8	12 x 8
01:14	I won't recover	Standing Strong Sequence L Extended Warrior, arms by your sides, palms facing out. <i>Exhale/Inhale</i> Sweep hands forward to clasp arms by your ears. <i>Exhale/Inhale</i> Lift your torso to Warrior 1 with arms overhead. <i>Exhale/Inhale</i> Warrior 2, face forward, bend the left knee, and extend arms wide in line with shoulders, palms facing up. <i>Exhale/Inhale</i> Warrior 2. <i>Exhale/Inhale</i>	1	32 16 16 16 16	12 x 8
02:07	I don't know how	Balance Sequence L Transition to the Right side of the mat. Eagle Pose: Cross your left leg over the right, bend your knees. Option to keep your left toes on the floor or hover them. <i>Exhale/Inhale</i> Soaring Eagle: Tip your pelvis back, torso forward, and extend your arms back. <i>Exhale/Inhale</i> Lift your left knee, holding your thigh or crossing your left arm over your right on top of the thigh. (Option: hold your flexed foot or keep your toes on the floor, bend your knee, or extend the leg fully.) <i>Exhale/Inhale</i> Balancing Twist: Sweep your left arm O/H and back, turning your chest to the left. <i>Exhale/Inhale</i>	1	32 32 32 32	16 x 8
03:17	I won't recover	Extended Mountain or Baby Backbend	1	32	4 x 8
03:34	What would I do	Sun Salutation Sequence R	1	96	12 x 8
04:27	I won't recover	Standing Strong Sequence R	1	96	12 x 8
05:19	I don't know how	Balance Sequence R	1	128	16 x 8
06:28	I won't recover	Extended Mountain or Baby Backbend	1	40	5 x 8

FLOW: TIPS

FOCUS:

Coach the first round clearly, offering all the options.

CHOREOGRAPHY AND MUSICALITY:

Be mindful of the weight transfer from Warrior 2 to Eagle on the opposite side of the mat. This helps you start the next round facing the opposite direction with the correct leg.

TECHNIQUE:

In Knee Lift with Twist, place the toe on the floor, or lift the knee toward your chest, or extend the leg. Hold your thigh or foot with your hands. Cross the arm on the same side as the lifted leg over the top, preparing for an easy release of the arm to the back to twist. Keep your hips level, release the top hand, and turn your chest to the side.

COACHING:

This track moves quickly, with many options to offer. To allow your cues to land and let the music speak, use concise Layer 1 statements instead of long sentences.

PERFORMANCE – PRESENCE AND ESSENCE:

Use a dynamic tone to keep your participants engaged, and a softer tone when guiding them through direction changes. This helps them experience the full journey of the sequence.

STAR MOVE – SOARING EAGLE:

Soaring Eagle improves balance, strengthens the feet, ankles, and legs, and the forward tip lengthens the lower back while challenging the core muscles.

POSTERIOR: One More for The Road | 3:33

Track Time	Lyrics	Choreography	Reps	Counts	X 8
00:00	These dusty	Setup Prone Position Lie on your stomach, stacking your hands and resting your forehead on top of them. Keep your feet wide, in line with the mat. <i>Inhale/Exhale</i> (Option: move into Tabletop position.)	1	32	4 x 8
00:24	No I don't	Prone Hamstring Curls (Slow) Lift your legs. <i>Inhale/Exhale</i> Hamstring curl: Bend your knees, bringing your toes towards your hips. <i>Inhale/Exhale</i> Extend your legs back out. <i>Inhale/Exhale</i> Lower your legs back to the floor. <i>Inhale/Exhale</i> (Option: move into Tabletop, alternating single leg pointer with a hamstring curl.)	1	8 8 8 8	4 x 8
00:44	One more drink	Prone Hamstring Curls Lift your legs. <i>Inhale</i> Hamstring curl: Bend your knees, bringing your toes towards your hips. <i>Exhale</i> Extend your legs back out. <i>Inhale</i> Lower your legs to the floor. <i>Exhale</i> (Option: move into Tabletop, alternating single leg pointer with hamstring curl.)	4	4 4 4 4	8 x 8
01:22	Ohh, oh, oh	Prone Hamstring Curl Repetitions Lift your legs. <i>Inhale</i> Hamstring curl: Bend your knees, bringing your toes towards your hips. <i>Exhale</i> (Option: move into Tabletop, alternating single leg pointer with hamstring curl.)	4	2 2	4 x 8
01:41	guitar	Recovery / Setup Prone Position Feet hip-width apart, arms by your sides, palms facing outward. <i>Inhale/Exhale</i>	1	48	6 x 8
02:13	No I don't	Back Extensions with Arm Reach (Slow) Extend your back, reaching your arms forward. <i>Inhale/Exhale</i> Reach Arms Forward, hands to the floor or off the floor. <i>Inhale/Exhale</i> Arms reach back to your sides. <i>Inhale/Exhale</i> Lower your chest down. <i>Inhale/Exhale</i> (Option: move into Tabletop, alternating single arm side reach with forward reach.)	1	8 8 8 8	4 x 8
02:30	One more drink	Back Extensions with Arm Reach Extend your back. <i>Inhale</i> Reach your arms forward, hands to the floor or off the floor. <i>Exhale</i> Arms reach back to your sides. <i>Inhale</i> Lower your chest down. <i>Exhale</i> (Option: move into Tabletop, alternating single arm side reach with forward reach.)	4	4 4 4 4	4 x 8
03:10	Same time next	Back Extensions with Arm Reach Repetitions Extend your back. <i>Inhale</i> Reach your arms forward, hands to the floor or off the floor. <i>Exhale</i> (Option: move into Tabletop, alternating single arm side reach with forward reach.)	8	2 2	4 x 8
03:28	One more drink	Extended Childs Pose Hips to heels, arms F. <i>Inhale/Exhale</i>	1	8	1 x 8

POSTERIOR: TIPS

FOCUS:

To coach how to engage different parts of your body to get the most benefit from each pose.

CHOREOGRAPHY AND MUSICALITY:

There are two sequences, each building in tempo and timing to strengthen the back. You can choose from two variations: one with the body fully prone throughout the track, and the second with a Tabletop position.

TECHNIQUE:

Back Extension with Arm Reach: Start with arms by your sides, palms facing outward. Squeeze your shoulder blades together to lift your chest into a back extension. Move your arms in a diagonal line, reaching as high as your shoulder mobility allows, then return your arms to your sides as your chest lowers.

COACHING:

Use Layer 1 and Layer 3 cues to raise awareness of your glutes during the hamstring curls. Remind your class to “engage your glutes to help stabilise your pelvis and support your spine.” For a deeper connection, use Layer 3 cues: “Feel the contraction of your glutes and hamstrings, helping to strengthen your body and improve stability.”

PERFORMANCE – PRESENCE AND ESSENCE:

This track will bring a deep burn to the muscles in the back, so bring your motivation and energy to keep it fun and engaging.

STAR MOVE – PRONE HAMSTRING CURLS:

Prone hamstring curls target the glutes, hamstrings, and erector spinae, which are key muscles in the posterior chain. Strengthening these muscles together can improve overall muscle balance, helping to prevent overcompensation in any one area and reduce the risk of injury.

CORE:

Restore My Faith | 3:27

Track Time	Lyrics	Choreography	Reps	Counts	X 8
00:00	Intro	Side-Lying Oblique Twist L Setup Lie on your left side with your left elbow directly under your shoulder, your forearm on the mat. Bend your knees and keep your hips either lifted or resting on the floor. Place your right hand on your temple. <i>Inhale/Exhale</i>	1	32	4 x 8
00:22	Oh, oh	Side-Lying Oblique Twist L (Slow) Bring your right leg forward and rotate through your waist, opening your chest toward the ceiling. <i>Inhale</i> Move your right leg back and rotate through your waist, bringing your chest toward the floor. <i>Exhale</i> (Option: keep your hips lifted or resting, and bend or straighten the moving leg.)	6	8 8	12 x 8
01:11	High horse	Side-Lying Oblique Twist L Right leg forward, rotate through your waist, chest opens to the ceiling. <i>Inhale</i> Right leg back, rotate through your waist, chest to the floor. <i>Exhale</i> (Option: Hips up or down, moving leg bent or straight.)	8	4 4	8 x 8
01:45	Oh, oh	Side-Lying Oblique Twist R Setup	1	32	4 x 8
02:01	Restore my faith	Side-Lying Oblique Twist R (Slow)	6	96	12 x 8
02:34	Because you're my all	Side-Lying Oblique Twist L	8	64	8 x 8

CORE: TIPS

FOCUS:

To set yourself up for success by getting into the correct position for the Side Lying Oblique Twist.

CHOREOGRAPHY AND MUSICALITY:

There are only 32 counts to transition from the right side to the left, so be ready to cue the transition. If you need more time, you can skip the last four reps on the right side to allow for a longer setup.

TECHNIQUE:

Side Lying Oblique Twist Setup: Lie on your right side with your right elbow under your right shoulder. Press your forearm and palm into the mat and relax your shoulder away from your ear. Stack your hips, bend your knees, and align them with your right elbow. Place your left fingertips on your temples. Your bottom hip can be on the mat or lifted.

COACHING:

Use Layer 2 breath cues: "Inhale through your nose, Exhale through your mouth" to help your class engage their core and move with precision.

PERFORMANCE – PRESENCE AND ESSENCE:

Have fun with this track! The moves are challenging even though the choreography is simple. Use positive, supportive language to encourage your class and help them finish strong.

STAR MOVE – SIDE-LYING OBLIQUE TWIST:

This move primarily targets the obliques, like a bicycle crunch, while also strengthening the shoulders, back, and hips. It enhances mobility in the thoracic spine and improves overall coordination by engaging multiple muscle groups in a controlled, rotational movement.

HIPS:

One More Time | 4:16

Track Time	Lyrics	Choreography	Reps	Counts	X 8
00:00	Intro	90/90 Hip Release Sequence Set Up Sit with knees bent and feet wide apart in a bent knee straddle position, hands resting on the mat behind your hips. <i>Inhale/Exhale</i>	1	32	4 x 8
00:27	Set a	90/90 Hip Release Sequence L and R Knees drop to the left in a 90/90 position. <i>Exhale</i> Release hands, hinge from the hips, and lean your torso forward. <i>Inhale</i> Place hands behind your hips, lift your torso. <i>Exhale</i> Move into a bent knee straddle, lift your knees, and bring your feet to the ground. <i>Inhale</i> Knees drop to the right in a 90/90 position. <i>Exhale</i> Release hands, hinge from the hips, and lean your torso forward. <i>Inhale</i> Place hands behind your hips, lift your torso. <i>Exhale</i> Move into a bent knee straddle, lift your knees, and bring your feet to the ground. <i>Inhale</i>	2	4 4 4 4 4 4 4 4	8 x 8
01:12	My world	90/90 Hip Release Sequence with Hip Lift L and R Knees drop to the left in a 90/90 position. <i>Exhale</i> Release hands, lift hips, press hands together. <i>Inhale</i> Sit back, place hands behind hips, lift torso. <i>Exhale</i> Move into a bent knee straddle, lift knees, and bring feet to the ground. <i>Inhale</i> Knees drop to the right in a 90/90 position. <i>Exhale</i> Release hands, lift hips, press hands together. <i>Inhale</i> Sit back, place hands behind hips, lift torso. <i>Exhale</i> Move into a bent knee straddle, lift knees, and bring feet to the ground. <i>Inhale</i> (Option: keep hips on the ground or add a backbend.)	2	4 4 4 4 4 4 4 4	8 x 8
01:57	Let it flow	Half Forward Fold L Extend your left leg long, bend your right knee, and rotate your hip internally or externally. <i>Inhale/Exhale</i> Hinge forward from your hips to fold. Reach your arms forward. <i>Inhale/Exhale</i>	1	32 32	8 x 8
02:43	My world	Half Forward Fold R	1	64	8 x 8
03:28	If we discover	Straddle Place your legs wide apart, with knees bent or straight. Put your hands behind your hips on the mat. <i>Inhale/Exhale</i> Hinge forward from your hips, reaching your arms forward. <i>Inhale/Exhale</i>	1	32 32	8 x 8

HIPS: TIPS

FOCUS:

To connect with the theme of rejuvenation through your Layer 3 coaching.

CHOREOGRAPHY AND MUSICALITY:

The 90/90 Hip Release offers three variations: one that stays on the ground for those with knee discomfort, one that challenges balance by lifting the hips, and one that includes a backbend. Take your time with these options and offer them based on your class's abilities.

TECHNIQUE:

Half Forward Fold – Keep your left leg extended and bend your right knee. Rotate the hip either outward, bringing the foot to your inner thigh, or inward, taking the foot behind you. Ground both sitting bones, square your torso to your left leg, and tip forward from your hips, keeping your belly lifted to support your back.

COACHING:

Use Layer 3 coaching to connect the movement with the theme of rejuvenation. Think about how the hip stretches make you feel and let that guide you in creating thoughtful coaching cues that match the meaning of rejuvenate.

PERFORMANCE – PRESENCE AND ESSENCE:

This track is beautiful and has deep lyrics. To allow the music to have its full impact, plan one or two moments of silence where the music can shine through without coaching.

STAR MOVE – 90/90 HIP RELEASE

This move involves gently dropping the knees side to side, which lubricates the hips, stretches the glutes and lower back, and massages the ankles and feet. Linking each movement with your breath helps to calm the nervous system and focus the mind.

SPIRALS:

My Heart Beating | 5:06

Track Time	Lyrics	Choreography	Reps	Counts	X 8
00:00	Intro	Seated Figure Four Setup R Extend your L leg. Inhale , bend your R knee and place your R ankle on your L thigh. Hands behind hips on the mat. (Option: Inhale , keep L leg straight, R foot on inner L thigh. Exhale)	1	16	2 x 8
00:18	Green light	Seated Figure Four R	1	32	4 x 8
00:43	It's your energy	Seated Figure Four Twist R Inhale , cross your R arm to your R foot. Exhale , turn your torso, bringing your chest toward the R side. (Option: stay in the Figure Four position.)	1	32	4 x 8
01:08	I can feel my heart	Seated Closed Twist R Inhale , bend your R knee and place your R foot inside or outside your L thigh. Exhale , twist your chest to the R, using your L hand to hold your R thigh or bringing your R elbow to the outside of your R thigh. (Option: turn your chest to the L for an Open Twist.)	1	32 32	8 x 8
02:00	Instrumental	Seated Figure Four Setup L	1	16	2 x 8
02:13	I made up	Seated Figure Four L	1	32	4 x 8
02:38	It's your energy	Seated Figure Four Twist L	1	32	4 x 8
03:03	I can feel my heart	Seated Closed Twist L	1	64	8 x 8
03:55	I can feel my	Shortened Downward Dog Hands shoulder-width apart, feet hip-width apart, hips at the top of the V. Walk your feet in, grounding your heels to create stability and prepare for the twist. Inhale/Exhale	1	16	2 x 8
04:06	My hearts	Shortened Downward Dog Twist L Place your L hand on your R leg, turning your chest to the R. Inhale/Exhale	1	16	2 x 8
04:21	I can feel my heart	Shortened Downward Dog	1	16	2 x 8
04:32	My hearts beating	Shortened Downward Dog Twist R	1	16	2 x 8
04:46	Outro	Child's Pose Kneel with your hips to your heels, extend your arms forward, and rest your forehead on the mat. Inhale/Exhale	1	16	2 x 8

SPIRALS: TIPS

FOCUS:

Use Layer 2 breath cues to deepen and enhance the Twists.

CHOREOGRAPHY AND MUSICALITY:

You have 64 counts to enjoy the seated twist. This gives you enough time to explore and feel a deep, releasing twist.

TECHNIQUE:

Figure Four with Twist – Place your left ankle on your right thigh in a figure-four pose. Cross your left arm over your body toward the right side, pressing your left arm into your left foot or right thigh. Keep your right hand behind you for support. Keep your sit bones grounded and your posture tall. Twist through your waist, chest, and neck, keeping your shoulders relaxed.

COACHING:

Use Layer 2 breath cues to help deepen the twist. Inhale to lengthen your spine, and exhale to deepen the twist. For example, in a seated twist, you can cue: “Inhale to find tall posture, Exhale to deepen the twist by moving your shoulders more.”

PERFORMANCE – PRESENCE AND ESSENCE:

Move with grace. Just as you control the standing poses, apply this same control and grace to the seated twists, inspiring your class to move with calm composure.

STAR MOVE – DOWNWARD DOG TWIST

This challenging move stretches the calves and hamstrings, releases the spine, and strengthens the shoulders and lats.

STRETCH:

Seize the Day | 4:36

Track Time	Lyrics	Choreography	Reps	Counts	X 8
00:00	Intro	Butterfly Pose Set Up Sit with hips on the floor, soles of your feet together, and knees wide. Cross your hands to hold the opposite foot. <i>Inhale/Exhale</i>	1	32	4 x 8
00:33	Our journey	Butterfly Pose with Flexion Tuck your chin and round your spine, bringing your head toward your feet. (Option: bend your elbows to deepen the stretch.) <i>Inhale/Exhale</i>	1	32	4 x 8
01:00	I know something	Butterfly Pose with Lateral Flexion L and R Lift your L arm and side bend to the R. <i>Inhale</i> Hold the side bend. <i>Exhale</i> (Repeat on the right side.)	1	8 8 16	4 x 8
01:26	In the face of God	Bridge Pose Lie on your back with feet hip-width apart, knees bent, and arms by your sides. Lift your hips into a bridge. <i>Inhale/Exhale</i> (Option: clasp your hands underneath your hips.)	1	32 32	8 x 8
02:23	Now I've found my	Supine Hamstring Stretch L Bend your L knee towards your chest and hold your thigh or cross your hands to hold your ankle or foot. Extend your leg. <i>Inhale/Exhale</i> (Option: cross your hands and lift your head, neck, and shoulders off the floor, bringing your nose towards your leg.)	1	32 32	8 x 8
03:15	In the face	Supine Hamstring Stretch R	1	64	8 x 8
04:11	Outro	Happy Baby Lie on your back, bend your knees outside your torso, and flex your feet. Hold your thighs, ankles, or feet with your hands. <i>Inhale/Exhale</i> (Option: straighten your legs into a straddle position.)	1	32	4 x 8

STRETCH: TIPS

FOCUS:

Soften your voice and leave space in your coaching, allowing your participants to turn inward and focus on their experience.

CHOREOGRAPHY AND MUSICALITY:

The time in Butterfly Pose with Lateral Flexion is brief, so be sure to cue in advance to set your participants up properly.

TECHNIQUE:

Butterfly Pose – Ground your sit bones, externally rotate your hips, bend your knees with the soles of your feet touching and heels close to your groin. Cross your hands and hold your feet. Flex your spine, tuck your chin slightly, scoop your belly, and gently bend your elbows, bringing the crown of your head towards your feet.

COACHING:

Once your participants are in position with Layer 1 and 2 cues, use a few Layer 3 cues throughout the track. Allow space for the music to guide them and encourage them to go inward.

PERFORMANCE – PRESENCE AND ESSENCE:

Soften your voice and energy to create a calming atmosphere, preparing for the meditation portion of the class.

STAR MOVE – HAMSTRING STRETCH:

In the Supine Hamstring Stretch, you can lift your head, neck, and shoulders off the floor, engaging your abdominals with a flexed spine. By crossing your arms, you create more leverage to bring the lengthened leg towards you, deepening the hamstring stretch.

SOUND MEDITATION

Coming into a position that feels comfortable for you. Whether seated, lying on your side or back.

Once settled, bring your focus to how you are feeling right now and how you would like to feel at the end of this meditation.

Using your breath to help open all the space between shoulders and hips. Each subsequent breath becoming fuller and deeper. Inhaling through your nose following a long and slow rhythm. Allowing your breath to reach deep into your belly, revitalising and nourishing as it passes through.

Exhaling just as long through your nose, but with a little more force as you expel your breath and find the release that comes with it. Seeing how much more you can let go with every exhalation.

Bringing attention to your in breath once more. Feel the energy of this breath filling you up and enlivening your senses. Each energising breath satiating your soul. Rejuvenating our body and refocusing our mind.

The power each and every one of us has to create this energy, this life force, using only our breath is the most wondrous gift indeed. This transfer of energy in and out of our bodies is seamless and endless. A continuous flow of both vitality and healing.

Truly immerse yourself within this power and let go of all that holds you back. Starting to breathe in stronger and deeper, unafraid of making noise on your out breath. Freeing you of any lasting tension that may remain. Expel it from your body and leave yourself feeling renewed and refreshed.

Bringing warmth back into your body by beginning to make small movements. Perhaps taking a full body stretch on your in breath before hugging your knees to your chest on your out breath. Making gentle rocking movements forwards and backwards or side to side, easing away any last tension.

When ready, slowly make your way into a seated position, sitting high on your sit bones and growing taller with each breath.

Inhale, circling arms above your head, pressing palms together with an energising prayer and exhale as you lower your hands towards your heart. Gently blinking your eyes open.

Welcome back.

We hope this Rejuvenate session has brought you peace and renewal.