



SPIRIT

MIND • STRENGTH • BODY



18

REJUVENATE

REBELS CHOREOGRAPHY NOTES

RELEASE 18 REJUVENATE



Release 18 Rejuvenate is a fun and energising session designed to refresh both your body and mind. It's about taking a break, moving in ways that feel good, and boosting your energy. As you follow the movements, you'll feel your body stretch and relax while your mind clears and focuses.

By the end of the session, you'll feel stronger, lighter, and ready to take on anything!

Coaching Tips for Working with REBELS (8-14 year olds):

- 1. Help Them Move Well:** Encourage strong posture and alignment to make each move feel great and work as it should.
- 2. Adapt to Their Needs:** Provide options for different abilities and remind them to trust how their body feels. Taking breaks or adjusting is always okay.
- 3. Guide Their Breathing:** Use fun cues like "breathe in like you're smelling flowers" to help them relax and get more out of their stretches.
- 4. Keep Them Engaged:** Make instructions clear and playful to match their energy and help them stay focused.
- 5. Celebrate Every Effort:** Use positive, uplifting feedback to build their confidence and keep them motivated.

When coaching 8-14 year olds, create an environment where they feel supported, confident, and free to explore movements at their own pace.

OPTIONS and adapted choreography for REBELS is highlighted in GREEN

REBELS INTRODUCTION – 10 Minutes

As you prepare to lead the 10-minute introduction for your SPIRIT Rebels class, keep in mind the importance of setting the tone for a fun and successful session. This brief period is all about getting our CYP ready for the session ahead, helping them feel confident with key postures, and creating a positive atmosphere where they can thrive. During this time, your role is crucial in guiding them through three star moves, explaining them clearly and ensuring everyone feels comfortable and prepared. As the weeks progress, don't hesitate to mix things up by introducing new star moves to keep the energy high and the excitement fresh. Remember, our goal is to create an environment where both CYP and parents/guardians feel connected, supported, and eager to dive into the session ahead. Let's make it fun!

STAR MOVE #1: DOWNWARD FACING DOG

FOCUS: Stretching and strengthening your arms, legs, and back while improving your posture and flexibility.

TECHNIQUE: Start on your hands and knees. Lift your hips up high, like you're trying to reach for the sky. Press your hands into the floor and straighten your legs, making an upside-down "V" shape. Keep your arms and legs straight, but don't lock your knees. Keep your head between your arms, looking toward your legs or your feet.

Coaching (for 8-14 year olds): Imagine you're a dog stretching in the morning, reaching your tail to the sky! Your body is like a triangle, with your hands and feet pressing into the ground, and your hips high up like you're trying to touch the ceiling with your tail. Keep your legs strong and straight, like you're stretching to get taller. Breathe in deeply as you stretch, and breathe out as you hold your position, feeling calm and powerful like a happy puppy!

STAR MOVE #2: REVOLVED HALF MOON

FOCUS: Strengthening your legs, improving balance, and opening your chest and hips while challenging your core.

TECHNIQUE: Start standing tall. Step one foot back and bend your front knee slightly. Place one hand on the floor and lift your back leg, straight and high, behind you. Twist your body open, lifting your other arm towards the sky. Keep your hips level and gaze towards the floor, or if you like a challenge, your raised hand.

Coaching (for 8-14 year olds): Imagine you're a spinning top, balanced and steady! Keep your body strong as you twist open and remember to keep your hips level like a table. Use your core, like you're holding a secret power inside, to help you stay balanced. Breathe in as you open, and breathe out as you hold the twist, feeling strong like a superhero!

STAR MOVE #3: BRIDGE POSE

FOCUS: Strengthening your glutes, back, and legs while stretching your chest and improving posture.

TECHNIQUE: Lie on your back with your knees bent and feet flat on the floor, hip-width apart. Press your feet into the ground, lift your hips up toward the sky, and squeeze your glutes. Keep your arms at your sides, palms facing down. For a deeper stretch, you can clasp your hands under your back and press your arms into the ground.

Coaching (for 8-14 year olds): Lie down and press your feet into the ground like you're trying to push the floor away. Lift your hips up, imagining you're a bridge rising into the air! Keep your arms strong at your sides, like pillars holding you up. Breathe in as you lift your hips and breathe out as you hold the pose, feeling strong and open!

WARM UP:

Rejuvenate Me | 4:05

FOCUS: Use movement and breathing to help your body relax and feel calm.

TECHNIQUE TIP: When bending your knees (like in a squat or lunge), keep them strong and steady by pressing them slightly out. This helps protect your knees and keeps your body balanced.

COACHING TIP: During the Throw Down, remind everyone to breathe out loudly as they throw—it's a fun way to let go of tension and feel refreshed!

Track Time	Lyrics	Choreography	Reps	Counts	X 8
00:00	Intro	Wide Stance Set Up	1	32	4 x 8
00:25	This life	Goddess Squat with Flexion and Extension (REBELS OPTION: no backbend) Goddess Squat with elbows forward, flex spine. <i>Breathe out/Breathe in</i> Straighten legs, elbows wide, baby backbend; on the last rep, stretch arms wide. <i>Breathe out/Breathe in</i>	4	8 8	8 x 8
01:05	Covet me	Squat with Side Bend L and R	4	64	8 x 8
01:46	With you here	Alternating Lateral Lunge with Twist L and R	2	32 32	8 x 8
02:26	Covet me	Squat with Side Bend L and R (REBELS OPTION: keep heels on floor) Squat and side bend left; reach your right arm overhead, wrap your left arm around your waist. <i>Breathe out</i> Straighten your legs, staying in the side bend. <i>Breathe in</i> Return to the squat, keeping the side bend. <i>Breathe out</i> Straighten your legs and stretch both arms wide to the sides. <i>Breathe in</i> (Repeat R)	4	2 2 2 2 8	8 x 8
03:06	Covet me	Throw Down with Arm Circle	8	64	8 x 8
03:47	Outro	Backbend (REBELS OPTION: Mountain Pose instead of Backbend) Circle arms back, hands to lower back or clasped behind. <i>Breathe out/ Breathe in</i> Backbend. <i>Breathe out/Breathe in</i>	1	16 16	4 x 8

SUN SALUTATION:

Pass Me By | 5:45

FOCUS: Practice Sun Salutations step by step, adding more energy and challenges as you go.

TECHNIQUE TIP: In Downward Dog Twist, bring your feet closer together to stay steady. When you twist, turn your upper body slowly—start from the middle of your back and go up to your neck. Take your time!

COACHING TIP: Keep it fun and build up! Start with easy instructions and add something new each round. By the last round, everyone will feel confident and strong!

Track Time	Lyrics	Choreography	Reps	Counts	X 8
00:00	Intro	Extended Mountain Pose Set Up	1	32	4 x 8
00:24	There comes	Sun Salutation Low L (REBELS OPTION: take the low options/skip the neck stretch) Forward Fold. <i>Breathe out</i> Halfway Lift (hands to thighs). <i>Breathe in</i> Forward Fold. <i>Breathe out</i> Left Leg Back to Lunge (knee down). <i>Breathe in</i> Kneeling Plank or Tabletop. <i>Breathe out</i> Kneeling Plank or Tabletop. <i>Breathe in</i> Tricep Lower on Knees or Cat Pose. <i>Breathe out</i> Baby Cobra or Cow Pose. <i>Breathe in</i> Baby Cobra or Cow Pose with Neck Stretch (Left ear to Left shoulder). <i>Breathe out</i> Baby Cobra or Cow Pose with Neck Stretch (Left ear to Left shoulder). <i>Breathe in</i> Downward Dog (shortened stance, walk feet in, try to ground heels). <i>Breathe out</i> Downward Dog. <i>Breathe in</i> Downward Dog. <i>Breathe out</i> Left Leg Forward to Lunge. <i>Breathe in</i> Forward Fold. <i>Breathe out</i> Extended Mountain Pose (arms through midline). <i>Breathe in</i>	1	8 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 (REBELS OPTION: continue to coach round 1 & round 2 options) Forward Fold. <i>Breathe out</i> Halfway Lift, hands to shins or thighs. <i>Breathe in</i> Forward Fold. <i>Breathe out</i> Left Leg Back to Lunge, knee up or down. <i>Breathe in</i> Plank (knees up or down) or Tabletop. <i>Breathe out</i> Plank (knees up or down) or Tabletop. <i>Breathe in</i> Tricep Lower on Knees or Toes, or Cat Pose. <i>Breathe out</i> Up Dog, Baby Cobra, or Cow Pose. <i>Breathe in</i> Up Dog, Baby Cobra, or Cow Pose with Neck Stretch (Left ear to Left shoulder). <i>Breathe out</i> Up Dog, Baby Cobra, or Cow Pose with Neck Stretch (Left ear to Left shoulder). <i>Breathe in</i> Downward Dog with shortened stance (walk feet in, try to ground heels). <i>Breathe out</i> Downward Dog Twist (Left hand to Right leg) or stay in Downward Dog. <i>Breathe in</i> Downward Dog Twist (Left hand to Right leg) or stay in Downward Dog. <i>Breathe out</i> Left Leg Forward to Lunge. <i>Breathe in</i> Forward Fold. <i>Breathe out</i> Baby Backbend or Extended Mountain Pose (arms through midline). <i>Breathe in</i>	1	8 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 (REBELS OPTION: no backbend)	1	32	4 x 8

STANDING STRONG: Cause I Believe | 6:13

FOCUS: Relax into each pose by breathing deeply and steadily.

TECHNIQUE TIP: In Extended Warrior 1, bend your front knee, angle your back foot slightly and press your back heel firmly into the ground. Lean forward a little with a straight back, pulling your arms back like you're making wings. Squeeze your shoulder blades together and try to create a strong, straight line from your back foot to the top of your head.

COACHING TIP: In Triangle Pose and Warrior 2, take your time. Show the class how to stay steady by breathing deeply. Let the music do the talking in quiet moments so everyone can focus on their movement.

Track Time	Lyrics	Choreography	Reps	Counts	X 8
00:00	I believe	Triangle Setup L	1	32	4 x 8
00:22	I feel it in my	Triangle Pose Sequence L (REBELS OPTION: coach the easy options) Reach to the left. <i>Breathe in</i> Left hand on left thigh, shin, or ground. (Option: soften left knee.) <i>Breathe out</i> Triangle Pose hold. <i>Breathe in/Breathe out</i> Triangle Pose hold. <i>Breathe in/Breathe out</i> Triangle Pose. (Option to reach right arm to left side.) <i>Breathe in</i> Triangle Pose (Option to reach left arm to clasp right hand.) <i>Breathe out</i> Triangle Pose hold. <i>Breathe in/Breathe out</i>	1	8 8 16 32 8 8 16	12 x 8
01:16	Oh, oh	Warrior 2 L	1	64	8 x 8
01:50	Cos I believe	Extended Warrior 1 L (REBELS OPTION: hands to thigh or stay in Warrior 1) Set up Warrior 1 facing left. <i>Breathe in/Breathe out</i> Arms by sides, palms facing outward. Tip torso forward over thigh into Extended Warrior 1. <i>Breathe in/Breathe out</i> Hold Extended Warrior 1. <i>Breathe in/Breathe out</i> Sweep arms forward, hands together. <i>Breathe in/Breathe out</i> Lift torso and arms, face forward, toes out. <i>Breathe in</i> Move into Goddess Squat. <i>Breathe out</i>	1	16 16 32 16 16 8 8	14 x 8
02:43	instrumental	Goddess Squat Arm Circle	1	32	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 Hold (REBELS OPTION: hands to prayer in front of chest) Stay in squat arms O/H, hands clasped. <i>Breathe in/Breathe out</i>	1	32	4 x 8

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

FOCUS: Think of the music as your guide—it's like a river, helping your movements flow smoothly and calmly.

TECHNIQUE TIP: In Revolved Triangle, step your feet about as wide as a big step. Imagine your spine is a tall tree trunk—strong and straight as you lean forward. Place one hand on your front leg or the floor, and then twist like you're wringing out a towel, starting from the middle of your back. Keep your hips steady like anchors.

COACHING TIP: This song feels soft and flowing - let it be the wind that helps you stay balanced and steady. If you wobble in poses like Half Moon, think of yourself as a kite—you can sway a little, but you'll always come back to centre.

Track Time	Lyrics	Choreography	Reps	Counts	X 8
00:00	Intro	Pyramid Set Up L	1	32	4 x 8
00:29	Take good care	Pyramid L	1	32	4 x 8
00:52	The feeling	Revolved Triangle L (REBELS OPTION: Triangle Pose) Lift your left arm and turn your chest to face the front. <i>Breathe in/Breathe out</i>	1	32	4 x 8
01:17	If the forest	Revolved Half Moon L (REBELS OPTION: ½ moon or keep foot on the floor) Transfer your weight to your left foot, keeping your right toes grounded on the mat. Place your right hand on your shin, hover it under your shoulder, or place it on the floor. <i>Breathe in/Breathe out</i>	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 (REBELS OPTION: heels down / skip the Backbend) Start in Mountain Pose, facing forward, with palms pressed together. Lift through the midline into Extended Mountain. <i>Breathe in/Breathe out</i>	1	32	4 x 8

CORE:

Restore My Faith | 3:27

FOCUS: Get ready to set yourself up like a superhero—strong and steady—before starting the Side-Lying Oblique Twist.

TECHNIQUE TIP: Lie on your side, propped up on your elbow like you’re leaning on a comfy pillow. Keep your knees bent and stacked and imagine your body forming a straight line like a rocket ready to launch. Place your top hand on your temple like you’re thinking up a brilliant idea!

COACHING TIP: Breathe like a champ! Breathe in through your nose like you’re smelling a flower and breathe out through your mouth like you’re blowing out birthday candles. This helps your core stay strong while you move.

Track Time	Lyrics	Choreography	Reps	Counts	X 8
00:00	Intro	Side-Lying Oblique Twist L Setup (REBELS OPTION: keep hips on floor) 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>Breathe in/Breathe out</i>	1	32	4 x 8
00:22	Oh, oh	Side-Lying Oblique Twist L (Slow) (REBELS OPTION: keep hips on floor) Bring your right leg forward and rotate through your waist, opening your chest toward the ceiling. <i>Breathe in</i> Move your right leg back and rotate through your waist, bringing your chest toward the floor. <i>Breathe out</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 (REBELS OPTION: keep hips down, and leg bent, slow pace) Right leg forward, rotate through your waist, chest opens to the ceiling. <i>Breathe in</i> Right leg back, rotate through your waist, chest to the floor. <i>Breathe out</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
		Side-Lying Oblique Twist L	8	64	8 x 8

STRETCH:

Seize The Day | 4:36

FOCUS: Alright, let's get set up like a superhero ready for action! Stand tall and steady before we move into our next pose.

TECHNIQUE TIP: Stand with your feet wide like you're making a big V. Keep your knees soft and bend them a little. Imagine you're a tree growing tall—your arms reach out to the sides like branches, and your body stays strong and steady, just like a tree in the wind.

COACHING TIP: Take big, deep breaths. Breathe in through your nose like you're smelling something yummy and breathe out through your mouth like you're blowing bubbles. This will help you stay balanced and strong, just like a tree!

Track Time	Lyrics	Choreography	Reps	Counts	X 8
00:00	Intro	Butterfly Pose Set Up	1	32	4 x 8
00:33	Our journey	Butterfly Pose with Flexion	1	32	4 x 8
01:00	I know something	Butterfly Pose with Lateral Flexion L and R	1	32	4 x 8
01:26	In the face of God	Bridge Pose (REBELS OPTION: keep hands on floor at sides) Lie on your back with feet hip-width apart, knees bent, and arms by your sides. Lift your hips into a bridge. <i>Breathe in/Breathe out</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	1	64	8 x 8
03:15	In the face	Supine Hamstring Stretch R	1	64	8 x 8
04:11	Outro	Happy Baby	1	32	4 x 8

SOUND MEDITATION

REJUVENATE

Alright, everyone. Let's take a moment to relax and give our bodies and minds a fresh start. We're going to take some deep breaths and imagine our bodies feeling strong and full of energy again.

Find a comfy spot where you can sit or lie down. You can sit cross-legged, or if you're lying down, make sure you're comfortable with your arms by your sides or resting on your belly. Close your eyes gently if you're ready or keep them soft and relaxed.

Let's start by taking a big breath in through your nose. Imagine you're filling your body with clean, fresh air like you're breathing in new energy. Now, slowly breathe out through your mouth like you're letting go of anything that's been holding you back or making you feel tired.

Take a few more deep breaths like that—big breath in, and slow breath out. With every breath, imagine you're filling your body with strength and energy. Let each breathe out help you release any tiredness or stress.

Now, let's check in with our bodies. Start by imagining that your feet are growing roots into the ground, like a tree. Feel strong and steady, just like a tree standing tall. Take a deep breath in and imagine the energy from the ground coming up through your feet, filling your legs, and spreading through your body. As you breathe out, feel your body relaxing. Let any tightness in your shoulders, arms, or legs melt away. Picture the stress and tiredness leaving your body like leaves falling off a tree.

Now, imagine a bright, glowing light in the middle of your chest. This light is warm and powerful, and it's full of fresh energy. With every breath, feel this light grow stronger, filling you with a sense of happiness and strength.

As this light grows, think of something that makes you feel happy or proud of yourself. Maybe it's a fun activity you love, or something you've done recently that made you feel great. Let that happiness spread through your body as you breathe in that bright, rejuvenating light.

In a moment, we're going to slowly bring our attention back to the room, but before we do, let's take one last deep breath together. Breathe in deeply through your nose, feel that fresh energy filling your body, and then breathe out slowly through your mouth, letting go of anything that doesn't help you feel strong.

When you're ready, softly blink your eyes open, and take a moment to notice how you feel. You're ready to take on whatever comes next, feeling refreshed and full of positive energy!