



SPIRIT

MIND • STRENGTH • BODY



19

TRANQUILLITY

INSTRUCTOR CHOREOGRAPHY NOTES

RELEASE 19 TRANQUILITY

Release 19 Tranquillity is a calming experience designed to soothe the body, ease the mind, and nurture the spirit.

The sequences flow seamlessly, releasing tension with every movement, welcoming a sense of peace and clarity. The music inspires mindfulness and connection, leaving you feeling grounded and at ease.

By the end of the class, you'll feel calm, refreshed, and ready to embrace life with renewed inner harmony.



Bonus Tracks:

This release includes two extra tracks for you and your class! Try an alternative warm-up that moves from seated to standing or a special balance track focused on inversions. Use them to keep things fresh or choose the one that best fits your class.

Mat Setup:

Arrange mats vertically or horizontally based on your space, ensuring you can clearly guide your class while facing them. Prioritising mirroring will help participants stay connected and engaged, making it easier for them to follow your movements with confidence.

Adaptability:

Adjust your demonstrations to support diverse needs and abilities. Offer options and progressions so everyone can move in a way that feels right for them.

FORMATS

45 Minute ORIGINAL

1

OR

1B, 2, 3, 4

OR

4B, 5, 6, 7, 10, 11

45 Minute ALIGN

1

OR

1B, 2, 3, 4

OR

4B, 6

OR

7, 8, 9, 10, 11n

30 Minute ORIGINAL

1

OR

1B, 2, 3, 6, 7, 10

30 Minute ALIGN

1

OR

1 B, 2, 4

OR

4B, 8, 9, 11

KEY ADD ONS:

F = Forward

B = Back

L = Left

R = Right

F/F = Forward Fold

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:

Tranquil Heart | 4:10

Track Time	Lyrics	Choreography	Reps	Counts	X 8
00:00	Intro	Goddess Squat Set Up Feet wide, knees bend, hands rest on knees. <i>Inhale/Exhale</i>	1	32	4 x 8
00:26	With a heart	Heart Breathing Sequence Legs straighten, hands to heart. <i>Inhale</i> Goddess Squat, knees bend, hands press down by sides. <i>Exhale</i>	2	8 8	4 x 8
00:47	Through storms	Pluck The Stars Sequence Arms wrap around waist, L arm forward, R arm back, chest turns R. <i>Inhale</i> L arm reaches back to L diagonal, legs straighten, chest turns L. <i>Exhale</i> L arm reaches to centre, chest turns forward. <i>Inhale</i> L hand presses through midline, Goddess Squat, knees bend. <i>Exhale</i> (Repeat on R side)	1	8 8 8 8 32	8 x 8
01:30:	Instrumental	Heart Breath Goddess Squat, hands to heart. <i>Inhale/Exhale</i>	1	16	2 x 8
01:40	Today I am	Goddess Squat Side Bend Goddess Squat, L arm lifts. <i>Inhale</i> Side bend R. <i>Exhale</i> (Repeat on R side)	1	8 8 16	4 x 8
02:02	Through storms	Pluck The Stars Sequence	1	64	8 x 8
02:45	Instrumental	Heart Breath	1	16	2 x 8
02:55	In courage	Goddess Squat Side Bend	1	32	4 x 8
03:16	Through storms	Pluck The Stars Sequence	1	64	8 x 8
03:59	Outro	Heart Breath	1	16	2 x 8

WARM UP: TIPS

FOCUS:

Guide your class through conscious breath as they move through the sequences.

CHOREOGRAPHY & MUSICALITY:

This track emphasises gentle spinal rotation and lateral flexion while building warmth through deep Goddess Squats.

TECHNIQUE:

Pluck the Stars – Keep hips square to the front while twisting and reaching by engaging the legs and glutes. This directs the rotation into the thoracic and cervical spine, preventing excessive movement in the lower back.

COACHING:

Use the interludes between the chorus and verse for Layer 2 breath coaching cues. This helps anchor your class in the present moment.

PERFORMANCE – PRESENCE & ESSENCE:

The lyrics in this track are poignant. Let them guide your coaching but also choose moments of silence to allow your class to fully absorb the song's emotional impact.

STAR MOVE – PLUCK THE STARS:

This movement is inspired by the Yijin Jing Qigong sequence, "Pluck the Stars," though it is an adapted version rather than the traditional full sequence. This variation promotes flow and energy throughout the body while offering a strong visual focus, helping to set the tone for the class.

BONUS ALTERNATIVE WARM UP:

Tranquil Heart | 4:10

Track Time	Lyrics	Choreography	Reps	Counts	X 8
00:00	Intro	Seated Butterfly Pose Setup Sit bones on mat, soles of feet together, knees open wide. <i>Inhale/Exhale</i>	1	32	4 x 8
00:26	With a heart	Butterfly Pose with Extension and Flexion Extend spine, eyes up. <i>Inhale</i> Flex spine, tuck chin, eyes down. <i>Exhale</i>	2	8 8	4 x 8
00:47	Through storms	Seated Twist L and R Both arms lift to high V. <i>Inhale</i> Turn chest to R, L hand to R knee, R hand to mat. <i>Exhale</i> (Repeat on L side)	2	8 8 16	8 x 8
01:30	Instrumental	Spine Release Look forward, arms cross, opposite hand to opposite shoulder, release spine. <i>Inhale/Exhale</i>	1	16	2 x 8
01:40	Today I am	Seated Butterfly Pose Side Bend L arm overhead, R hand to mat. <i>Inhale</i> Side bend to R. <i>Exhale</i> (Repeat on L side)	1	8 8 16	4 x 8
02:02	Through storms	Table Top Wrist Release and Twist Table top position, hands under shoulders, knees under hips. <i>Inhale/Exhale</i> Shoulders circle clockwise, then counterclockwise. <i>Inhale/Exhale</i> Lift L arm, turn chest to L. <i>Inhale</i> Lower L arm. <i>Exhale</i> Lift R arm, turn chest to R. <i>Inhale</i> Lower R arm. <i>Exhale</i>	1	16 16 8 8 8 8	8 x 8
02:45	Instrumental	Downward Dog Lift hips to inverted V, feet hip-width, hands shoulder-width, knees soft. <i>Inhale/Exhale</i>	1	32	4 x 8
02:55	In courage	Downward Dog to Forward Fold Walk feet forward, hip-width apart. <i>Inhale/Exhale</i>	1	16	2 x 8
03:16	Through storms	Chair Pose to Forward Fold Flow Chair Pose, bend knees, lower hips, lift chest, arms in high V. <i>Inhale</i> Forward Fold, hands to floor, torso over legs, head bows. <i>Exhale</i> [Option: bend knees, hands to thighs.]	4	8 8	8 x 8
03:59	Outro	Mountain Pose	1	16	2 x 8

WARM UP: TIPS

FOCUS:

Know the choreography well so you can pre-cue transitions easily.

CHOREOGRAPHY & MUSICALITY:

Use an alternative choreography to keep things fresh or choose it over the standing warm-up if it's more appropriate for your participants.

TECHNIQUE:

Seated Butterfly Pose Side Bend – When you reach into the side bend, press the opposite hip/sit bone down into the mat to get the most out of the lateral flexion.

COACHING:

Use clear Layer 1 Body Part and Direction cues to set up Table Top. Make sure you direct your class to face the same way you want them to face for Sun Salutations.

PERFORMANCE – PRESENCE & ESSENCE:

Use open and friendly body language. Make eye contact as you coach, so your class feels seen and welcomed.

STAR MOVE – CHAIR POSE TO FORWARD FOLD FLOW:

This dynamic sequence builds warmth and enhances circulation. Encourage participants to synchronise their movement with their breath – inhale to lengthen, exhale to release. For those with low blood pressure, suggest a slower transition to help prevent dizziness or discomfort.

SUN SALUTATION:

I'm With You | 5:50

Track Time	Lyrics	Choreography	Reps	Counts	X 8
00:00	Instrumental	Extended Mountain Set Up Stand tall with feet together, inner thighs engaged, and toes pointing forward. Lift your kneecaps, draw in your lower belly, and press down through all four corners of your feet. Engage your legs, lift your chest, and relax your shoulders. Arms reach up. <i>Inhale</i> , lengthen the spine, <i>Exhale</i> , ground through your feet. [Option: feet hip width apart.]	1	32	4 x 8
00:24	In your arms	Sun Salutation Low L 90/90 Lunge, L foot back. <i>Exhale</i> Hands to lower back – backbend setup. <i>Inhale</i> Baby Backbend. <i>Exhale</i> Hands to mat, low lunge, knee to mat. <i>Inhale</i> Low Plank or Table Top. <i>Exhale</i> Low Plank or Table Top. <i>Inhale</i> Tricep Lower or Cat Pose. <i>Exhale</i> Baby Cobra or Cow Pose. <i>Inhale</i> Downward Dog. <i>Exhale</i> Downward Dog. <i>Inhale</i> Downward Dog. <i>Exhale</i> Lunge, L foot forward. <i>Inhale</i> Forward Fold. <i>Exhale</i> Halfway lift, hands to thighs. <i>Inhale</i> Forward Fold. <i>Exhale</i> Extended Mountain. <i>Inhale</i>	1	8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8	16 x 8
01:40	We share laughter	Sun Salutation Low R	1	128	16 x 8
02:58	I feel, I feel	Sun Salutation High L 90/90 Lunge, L foot back. <i>Exhale</i> Clasp hands behind back or place hands on lower back – backbend setup. <i>Inhale</i> Baby Backbend. <i>Exhale</i> Hands to mat, low lunge, knee on or off mat. <i>Inhale</i> High Plank, Low Plank, or Table Top. <i>Exhale</i> High Plank, Low Plank, or Table Top. <i>Inhale</i> Tricep Lower or Cat Pose. <i>Exhale</i> Upward Dog, Baby Cobra, or Cow Pose. <i>Inhale</i> Downward Dog. <i>Exhale</i> Square Hip Three-Legged Downward Dog, L leg lifts. <i>Inhale</i> Square Hip Three-Legged Downward Dog, L leg stays lifted. <i>Exhale</i> Lunge, L foot forward. <i>Inhale</i> Forward Fold. <i>Exhale</i> Halfway Lift, hands to shins or thighs. <i>Inhale</i> Forward Fold. <i>Exhale</i> Extended Mountain. <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
04:14	Sax instrumental	Sun Salutation High R	1	128	16 x 8
05:31	Outro	Mountain Pose – Head and Neck Circles L & R Mountain Pose, circle head clockwise. <i>Inhale/Exhale</i> Mountain Pose, circle head counterclockwise. <i>Inhale/Exhale</i>	1	16 16	4 x 8

SUN SALUTATION: TIPS

FOCUS:

Clearly demonstrate square hips in Square Hip Three-Legged Downward Dog.

CHOREOGRAPHY & MUSICALITY:

Complete four rounds to fully awaken the body and build heat. In the fourth round, tune in—there's an incredible saxophone solo that adds a powerful energy to the flow.

TECHNIQUE:

Keep both hips level as you lift your leg. To check, feel for even weight in both hands and notice if your kneecap and the top of your foot are pointing down toward the mat.

COACHING:

Say the name of the pose first before giving other cues. This helps those who know the pose move into it quickly and hold it longer.

PERFORMANCE – PRESENCE & ESSENCE:

Use a clear, steady tone of voice to command attention and keep your class focused during transitions.

STAR MOVE – 90/90 LUNGE:

This pose lengthens the quadriceps and hip flexors. When stepping back from Mountain Pose to 90/90 Lunge, imagine your feet on train tracks instead of a tightrope to improve balance.

STANDING STRONG:

On The Road With You | 4:18

Track Time	Lyrics	Choreography	Reps	Counts	X 8
00:00	Intro	Warrior 2 Set Up Feet wide. Turn L toes to the L, R toes forward. Square hips to the long edge of the mat. Bend L knee, fists to hips. <i>Inhale/Exhale</i>	1	32	4 x 8
00:22	With you by	Warrior 2 L Hold Warrior 2. <i>Inhale/Exhale</i>	1	32	4 x 8
00:40	Life pushes past	Warrior 2 Hand Push and Pull L L hand pushes forward at shoulder height, chest turns L. <i>Inhale</i> R hand pushes forward at shoulder height, L arm pulls back, fist to hip, chest turns R. <i>Exhale</i> (Repeat on R side)	1	8 8 16	4 x 8
00:57	When I'm in the passenger	Extended Warrior 2 L Torso leans L, L forearm to L thigh or L hand to mat. <i>Inhale</i> R arm sweeps forward to overhead by R ear, wrist extended. <i>Exhale</i> Hold Extended Warrior 2. <i>Inhale/Exhale</i> L arm sweeps up to meet R, both wrists extended, fingertips touch. <i>Inhale/Exhale</i> [Option: keep L forearm on thigh or hand on mat.]	1	8 8 16 32	8 x 8
01:32	Sunlight dances	Warrior 2 R	1	32	4 x 8
01:49	When it curves and	Warrior 2 Hand Push and Pull R	1	32	4 x 8
02:07	When I'm in the	Extended Warrior R	1	64	8 x 8
02:42	instrumental	Side Lunge – Arm Cross Straighten both legs, turn both toes out, cross straight arms in front of chest. <i>Inhale</i> Bend L knee into a side lunge, circle arms wide—L arm to top diagonal, R arm to bottom diagonal. <i>Exhale</i> (Repeat on R side)	1	8 8 16	4 x 8
02:59	When I'm in the passenger	Goddess Squat Bind with Upper Body Circle L Shorten stance, bend knees into Goddess Squat. Arms wide, wrists extended. <i>Inhale/Exhale</i> Eagle bind – L arm low, R arm crosses on top. <i>Inhale/Exhale</i> Side bend to L. <i>Inhale</i> Flex spine forward. <i>Exhale</i> Side bend to R. <i>Inhale</i> Lift shoulders over hips. <i>Exhale</i> [Option: hug chest, press back of hands together, or press palms together.]	1	16 16 8 8 8 8	8 x 8
03:34	When I'm in the passenger	Goddess Squat Bind with Upper Body Circle R	1	64	8 x 8
04:09	Outro	Goddess Squat, Arms Wide Both arms open wide, wrists extended. <i>Inhale/Exhale</i>	1	16	2 x 8

STANDING STRONG: TIPS

FOCUS:

Find the fun in this challenging track by connecting with your class.

CHOREOGRAPHY & MUSICALITY:

Listen for lyrical landmarks to help remember choreography changes.

TECHNIQUE:

Warrior 2 – Press down through the outer edge of the back foot to lift the instep. Engage the thigh on the same leg to support the ankle and knee.

COACHING:

For Layer 3 coaching, focus on benefits and praise to help your class get the most out of the track.

PERFORMANCE – PRESENCE & ESSENCE:

Stay connected with your class. Notice their expressions as they hold strong, challenging postures. Respond in the moment—motivate, encourage, and have fun with your hardworking group.

STAR MOVE – GODDESS SQUAT WITH UPPER BODY CIRCLE:

This is a fantastic release for the back, stretching it in flexion and lateral flexion.

BALANCE:

Choose To Be Free | 4:05

Track Time	Lyrics	Choreography	Reps	Counts	X 8
00:00	Intro	Mountain Pose Stand tall with feet together, arms by your sides. <i>Inhale/Exhale</i> [Option: feet hip width apart.]	1	16	2 x 8
00:16	The weight of the deadlines	Warrior 3 L L foot steps back, toes to the floor. Arms wide, in line with shoulders. Tip from the hips, keeping the torso parallel to the mat. <i>Inhale/Exhale</i> [Option: lift the leg to hip height.]	1	16 16	4 x 8
00:40	So I'll choose	Curtsy L Chest lifts, both knees bend, L leg tucks behind R, toes to the floor, hips square. Arms cross at chest, opposite hand to shoulder. <i>Inhale/Exhale</i> [Option: L leg hamstring curl, heel to hip.]	1	16 16	4 x 8
01:05	Soo I'll choose	Warrior 3 L R leg back, keeping hips square. Arms extend wide, in line with shoulders. Tip from the hips, bringing your torso parallel to the mat. <i>Inhale/Exhale</i>	1	16	2 x 8
01:17	With love as my anchor	Balancing Extended Mountain with Arm Cross Feet together, chest lifts. <i>Inhale</i> as arms lift overhead, then <i>Exhale</i> as arms cross in front of the chest. <i>Inhale</i> as arms return by sides. <i>Exhale</i> as you hold or transition. [Option: lift heels.]	1	16	2 x 8
01:28	I'll walk hand	Warrior 3 R	1	32	4 x 8
01:52	So I'll choose	Curtsy R	1	32	4 x 8
02:16	So I'll choose	Warrior 3 R	1	16	2 x 8
02:28	With love as my anchor	Balancing Extended Mountain with Arm cross	1	16	2 x 8
02:40	So here's to the	Divers Pose Feet together, tip from the hips, torso parallel to the mat (or lower) with a long spine. Arms by sides. <i>Inhale/Exhale</i> [Option: feet hip width apart]	1	32	4 x 8
03:04	So I'll choose	Warrior 3 L Lift shoulders in line with hips (or higher). L foot steps back, toes to the floor (or leg lifts in line with hip). Arms wide, in line with shoulders. <i>Inhale/Exhale</i> [Option: Standing Split, hands to the floor, L leg lifts.]	1	16 16	4 x 8
03:28	So I'll choose	Warrior 3 R	1	32	4 x 8
03:52	Outro	Mountain Pose	1	16	2 x 8

BALANCE: TIPS

FOCUS:

Coach each pose step by step, offering options to support everyone's needs.

CHOREOGRAPHY & MUSICALITY:

Transition from Divers Pose to Warrior 3 – make sure your shoulders are level with your hips before transferring your weight to one leg and lifting the other.

TECHNIQUE:

Transfer your weight to one leg and slide your opposite foot back, keeping your toes on the floor or lifted to hip height. Keep your hips level with the floor as you tip forward from your hips. Extend your arms out to the sides at shoulder height, and gaze at the floor.

COACHING:

Gauge your class's level and energy before deciding whether to start with the easiest or most challenging version of the pose. If they're ready for a challenge, start with the more difficult version, and if they need more support, begin with the easier version to build confidence before progressing.

PERFORMANCE – PRESENCE & ESSENCE:

Use a calm and confident voice to guide your class, especially when they can't see you. This helps build trust, keeps students focused, and creates a sense of safety, making them feel more confident and engaged.

STAR MOVE – CURTSY:

The balancing Curtsy is great for strengthening the glute medius and hamstrings. Keep your hips square and your chest proud for good technique.

BONUS ALTERNATIVE BALANCE:

Choose To Be Free | 4:05

Track Time	Lyrics	Choreography	Reps	Counts	X 8
00:00	Intro	Kneeling Position: Knees are hip width apart. <i>Inhale/Exhale</i> [Option: double up your mat for extra cushioning if you feel discomfort in your knees.]	1	16	2 x 8
00:16	The weight of	Shoulder Protraction and Retraction Set Up: Hips over knees. Forearms on the mat, elbows under shoulders. Hold above the elbow with the opposite hand, then press palms forward into the mat. <i>Inhale/Exhale</i> [Option: Puppy Pose. From tabletop, walk hands fwd, hips stay above knees, lower chest to floor, arms extended and active. Head rests on floor, feeling stretch in shoulders, chest, and spine.]	1	32	4 x 8
00:41	So I'll choose	Shoulder Protraction and Retraction: Protract (push shoulders forward) and retract (pull shoulders back) twice. On the third, hold the protraction and squeeze your chest muscles. <i>Inhale/Exhale</i>	1	32	4 x 8
01:04	So I'll choose	Dolphin Tuck your toes and lift your hips into an inverted V, keeping shoulder protraction. Gaze between your legs or forward towards your hands. <i>Inhale/Exhale</i> [Option: continue with protraction and retraction drills OR deepen the pose by walking your feet closer to your forearms.]	1	32	4 x 8
01:28	I'll walk hand	Shoulder Protraction and Retraction Recover, set up shoulders, prepare. Protract and retract shoulders. <i>Inhale/Exhale</i> [Option: bring knees closer to forearms]	1	8 24	4 x 8
01:52	So I'll choose	Dolphin Protract and retract shoulders twice. Hold protraction and squeeze chest muscles. <i>Inhale/Exhale</i> Tuck toes, lift hips to form an inverted V. Keep shoulders protracted. Gaze between legs or forward to hands. <i>Inhale/Exhale</i> . [Option: continue shoulder protraction and retraction drills OR deepen Dolphin by walking feet closer to forearms.]	1	16 16	4 x 8
02:16	So I'll choose	Three-Leg Dolphin Lift L leg to Three-Leg Dolphin, keeping hips square. <i>Inhale/Exhale</i> [Option: stay in Dolphin Or continue with protraction and retraction drills.]	1	32	4 x 8
02:40	So here's to the journey	Shoulder Protraction and Retraction Set Up and Drill	1	32	4 x 8
03:04	So I'll choose	Dolphin	1	32	4 x 8
03:29	So I'll choose	Three-Leg Dolphin R	1	32	4 x 8
03:52	Outro	Recover	1	16	2 x 8

BALANCE: TIPS

FOCUS:

Show how to protract the shoulders effectively.

CHOREOGRAPHY & MUSICALITY:

This optional bonus balance track features an inversion, Dolphin Pose. If you have participants with high blood pressure or shoulder injuries, offer an alternative to reduce strain—otherwise, enjoy the challenge and strength-building benefits!

TECHNIQUE:

Shoulder Protraction: press forearms and palms into the mat. Spread the shoulder blades to broaden your upper back and engage your core by drawing the ribs down. Keep the shoulders protracted when lifting into Dolphin Pose.

COACHING:

Teach in stages, starting with foundational options and progressing as participants build strength. Don't rush into Three-Leg Dolphin—focus on mastering Two-Leg Dolphin first, building gradually over several weeks.

PERFORMANCE – PRESENCE & ESSENCE:

Check in with your class after each effort. Look around and offer support if needed.

STAR MOVE – DOLPHIN POSE:

Dolphin Pose builds shoulder and core strength, improves stability, activates the upper back, and stretches the spine, hamstrings, and calves.

FLOW:

I Find Solace With You | 5:55

Track Time	Lyrics	Choreography	Reps	Counts	X 8
00:00	Intro	Mountain Pose to Extended Mountain Pose L Mountain pose. Feet together or hip width apart. Lift arms wide then O/H, palms press, <i>Exhale/Inhale</i>	1	32	4 x 8
00:24	The rush of the	Sun Salutation Sequence L 90/90 Lunge L foot B. <i>Exhale</i> Hands clasp behind back or hands to lower back – backbend set up. <i>Inhale</i> Baby Backbend. <i>Exhale</i> Hands to mat low lunge knee off or on the mat. <i>Inhale</i> High Plank, Low Plank or Table Top. <i>Exhale</i> High Plank, Low Plank or Table Top. <i>Inhale</i> Tricep Lower or Cat Pose. <i>Exhale</i> Up dog, Baby cobra or Cow Pose. <i>Inhale</i> Downward Dog. <i>Exhale</i> Downward Dog L. <i>Inhale</i> Downward Dog, optional transition to Tricep Dip—forearms lower to Dolphin Pose. <i>Exhale</i> Downward Dog, option to press back up from Tricep Dip, lifting forearms off the mat. <i>Inhale</i> Three-Legged Downward Dog L. <i>Exhale</i> Hold Three-Legged Downward Dog. <i>Inhale</i> Lunge L foot F. <i>Exhale</i> Extended Lunge, arms wide. <i>Inhale</i>	1	8 8 8 8 8 8 8 8 8 8 8 8 8 8 8	16 x 8
01:40	The glow of starlight	Balance Sequence L Warrior 3 R. <i>Exhale/Inhale</i> Curtsey. <i>Exhale/Inhale</i> [Option: curl leg up, heel to glute.]	1	16 16	4 x 8
02:00	The storms and shadows	Strong Sequence L Warrior 2 L – <i>Exhale/Inhale</i> Warrior 2 L – Arms O/H, wrist extended, fingertips touch – <i>Exhale/Inhale</i> Extended Warrior L – <i>Exhale/Inhale</i> Reverse Warrior L – <i>Exhale/Inhale</i>	1	16 16 16 16	8 x 8
02:38	In the depths	Warm Sequence L Arms wrap around waist, L arm back, R arm front – <i>Exhale</i> Pluck the star – R arm back diagonal – <i>Inhale</i> R arm O/H to centre – <i>Exhale</i> R arm presses down through midline – <i>Inhale</i>		8 8 8 8	4 x 8
02:58	Instrumental	Mountain Pose to Extended Mountain Pose R	1	16	2 x 8
03:07	In twilight	Sun Salutation Sequence R	1	128	16 x 8
04:24	The rush of the world	Balance Sequence R	1	32	4 x 8
04:43	With each step	Strong Sequence R	1	64	8 x 8
05:21	In the depths	Warm Sequence R	1	32	4 x 8
05:41	Outro	Wide Stance Hands to Heart Straighten both legs, toes forward, hands to heart – <i>Exhale/Inhale/Exhale</i>	1	16	2 x 8

FLOW: TIPS

FOCUS:

Encourage yourself and your class to reach their full potential by working within their full range of motion.

CHOREOGRAPHY & MUSICALITY:

If using a horizontal mat, remember to start at the opposite end from where you'd begin Sun Salutations.

TECHNIQUE:

Tricep Dip – Draw your elbows towards the centre of your body, engaging the lats. Bend the elbows, lowering your forearms to the floor, then straighten the arms while maintaining control.

COACHING:

Use supportive coaching cues that celebrate your class's progress and build their confidence to work within their full range of motion now that they're warmed up.

PERFORMANCE – PRESENCE & ESSENCE:

Move smoothly with deep, controlled breaths to inspire your class to do the same.

STAR MOVE – REVERSE WARRIOR:

Reverse Warrior stretches and strengthens the hips, obliques, intercostal muscles, and lats, while expanding the chest and shoulders.

POSTERIOR:

Stargazing | 4:31

Track Time	Lyrics	Choreography	Reps	Counts	X 8
00:00	Intro	Kneeling Lean Back Set Up Start in a tall kneeling position with knees hip-width apart, toes tucked under, shoulders and hips aligned over knees. Cross your arms and bring your hands to your shoulders. <i>Inhale/Exhale</i> [Option: point your toes to reduce pressure on the knees and maintain a neutral alignment.]	1	32	4 x 8
00:24	Underneath the quiet	Kneeling Lean Backs Lean back, keeping your spine as straight as possible. <i>Inhale</i> Return to the starting position, bringing your hips and shoulders back over your knees. <i>Exhale</i> [Option: point your toes to reduce knee pressure while engaging your glutes and thighs OR drop your hips toward your heels and lift your chest, focusing on the stretch in the hip flexors and engagement of your thighs.]	4	8 8	8 x 8
01:03	Star gazing with you	Kneeling Lean Back Slow Lean back, keeping your spine long. <i>Inhale/Exhale</i> Hold the lean back position. <i>Inhale</i> Lift back up, bringing hips and shoulders over knees. <i>Exhale</i> [Option: stay with the previous tempo or try Pointer.]	2	16 8 8	8 x 8
01:41	Instrumental	Table Top Set Up Knees under hips, hands under shoulders. <i>Inhale/Exhale</i>			2 x 8
01:51	Each star whispers	Alternating Sweeping Bow R and L Lift right arm and left leg into Pointer. <i>Inhale</i> Reach right arm toward left leg, rotating chest to the right. Bend left knee, and hold left foot. <i>Exhale</i> Hold. <i>Inhale</i> Return to Tabletop. <i>Exhale</i> (Repeat on the other side)	2	8 8 8 8 32	16 x 8
03:07	With every breath	Camel - Seated Hips to heels. Hands to heels. Shoulders retract. Chest lifts. <i>Inhale/Exhale</i>	1	40	5 x 8
03:36	Stargazing with you	Camel – Hands to Lower Back Kneel tall with hips over knees. Place your hands on your lower back for support. Keep your toes tucked or untucked. Lift your chest and gently arch into a backbend. <i>Inhale/Exhale</i>	1	32	4 x 8
03:56	Oh, oh, oh with you	Camel – Hands to Feet Start in a tall kneeling position with hips stacked over knees. Reach your hands to the inside of your feet. Lift your chest and arch into a backbend. <i>Inhale/Exhale</i> [Option: keep your toes tucked or untucked.]	1	32	4 x 8
04:15	Outro	Extended Child's Pose Lower your hips to your heels, rest your belly toward your thighs, and extend your arms forward with hands on the mat. <i>Inhale/Exhale</i>	1	28	3.5 x 8

POSTERIOR: TIPS

FOCUS:

Guide your class to explore backbends safely and effectively.

CHOREOGRAPHY & MUSICALITY:

Begin with Kneeling Lean Backs: four reps using 8 counts back and 8 counts forward. Option to slow to 16 counts for a deeper challenge or keep the original tempo for a less intense variation.

TECHNIQUE:

Camel Pose – Start in a tall kneeling position, knees hip-width apart. Hands rest on the lower back or inside of feet. Engage your glutes and pelvic floor. Lift your ribs away from your hips to create length in your lower back. Roll your shoulders back and arch from the mid-back upward, pressing your chest to the sky.

COACHING:

Cue “Squeeze your glutes, lift, and lengthen your spine” before bending back. This prevents compression in the lower back and encourages a safe, strong posture.

PERFORMANCE – PRESENCE & ESSENCE:

Allow space for silence once your class settles into Camel Pose. Let them focus on the music, their breath, and the sensation of the stretch.

STAR MOVE – KNEELING LEAN BACK

Also known as Reverse Nordics, this movement strengthens and lengthens the quadriceps while activating the glutes—perfect preparation for deeper backbends.

CORE:

We Find Our Place | 3:21

Track Time	Lyrics	Choreography	Reps	Counts	X 8
00:00	Guitar intro	Plank or Hover L Setup Plank: Hands under shoulders, on knees or toes. <i>Inhale/Exhale</i> Hover: Elbows under shoulders, on knees or toes. <i>Inhale/Exhale</i>	1	16	2 x 8
00:13	In the quiet	Plank or Hover L Hold your Plank or Hover on knees or toes. Keep your core engaged and spine long. <i>Inhale/Exhale</i>	1	64	8 x 8
00:47	Through time	Side Plank or Side Hover L Place your left hand or elbow on the mat, right arm reaching to the ceiling. Left knee and shin stay on the ground, right foot presses into the mat. <i>Inhale/Exhale</i> [Option: lift the L knee off the mat for full Side Plank or Hover.]	1	64	8 x 8
01:20	Instrumental	Side Plank or Side Hover L Hold Side Plank or Hover. <i>Inhale/Exhale</i> [Option to bring right toes to left knee or extend the right leg.]	1	32	4 x 8
01:36	Guitar instrumental	Plank Set up R	1	32	4 x 8
01:53	The years may pass	Plank or Hover R	1	64	8 x 8
02:27	Through time	Side Plank or Side Hover R	1	64	8 x 8
03:00	Instrumental	Side Plank or Side Hover R	1	32	4 x 8
03:15	Instrumental fade	Recover	1	32	4 x 8

CORE: TIPS

FOCUS:

To guide your class through the two different arm positions for Hover and Plank.

CHOREOGRAPHY & MUSICALITY:

This track features simple choreography with progressions and regressions, so everyone can feel successful, no matter their experience level.

TECHNIQUE:

For balance in Side Plank or Hover, make sure your hand or elbow is directly under the shoulder and aligned with the bottom hip, knee, and foot.

COACHING:

Start by demonstrating and explaining the set-up for both Hover and Plank, giving your class confidence in their choice.

PERFORMANCE – PRESENCE & ESSENCE:

Celebrate your class's efforts with positive reinforcement, acknowledging their hard work and dedication.

STAR MOVE – PLANK OR HOVER:

A simple but powerful move that strengthens the core and engages the entire body. By firming your glutes and legs and pressing through your heels, you will feel the benefits of Plank or Hover even more.

HIPS:

Breathe It In Let It Go | 4:31

Track Time	Lyrics	Choreography	Reps	Counts	X 8
00:00	Intro	Kneeling Lunge Hands L Setup Step L foot forward, R knee down. Place hands on the mat. <i>Inhale/Exhale</i>	1	32	4 x 8
00:24	Layered Instrumental	Kneeling Lunge Hands to Thigh L Hands to L thigh, chest lifts. <i>Inhale/Exhale</i>	1	32	4 x 8
00:45	Soft in the morning	Hamstring Stretch L Hands on mat, extend left leg. Shift hips back over right knee or heel. <i>Inhale/Exhale</i>	1	64	8 x 8
01:25	Breathe it in	Hamstring Stretch or Splits L Slide R leg back for splits or stay in the hamstring stretch. Re-bend L knee to exit. Hands on mat for support. <i>Inhale/Exhale</i> [Option: slide L heel forward instead of moving R knee back if knee issues are present.]	1	32	4 x 8
01:46	Instrumental	Kneeling Lunge Hands R Setup	1	32	4 x 8
02:06	Layered Instrumental	Kneeling Lunge Hands to Thigh R	1	32	4 x 8
02:26	Each deep breath	Hamstring Stretch R	1	64	8 x 8
03:07	Breathe it in	Hamstring Stretch or Splits R	1	32	4 x 8
03:27	Breathe it in (quiet)	Standing Wide Leg Fwd Fold Setup Feet wide, torso folds between legs, hands to mat. <i>Inhale/Exhale</i>	1	32	4 x 8
03:47	Breathe it in	Standing Wide Leg Fwd Fold	1	32	4 x 8
04:07	Breathe it in	Standing Wide Leg Fwd Fold or Banana Splits Stay in Wide Leg Fwd Fold or slide feet wide to Banana Splits, keep hands to mat, arms supporting body weight. <i>Inhale/Exhale</i>	1	32	4 x 8

HIPS: TIPS

FOCUS:

Guide your class to use their upper body strength to support themselves in all splits postures.

CHOREOGRAPHY & MUSICALITY:

This track deeply stretches the hamstrings, hip flexors, and adductors. Whether you coach the full splits pose or not, your class will feel more freedom and release in their legs and hips.

TECHNIQUE:

In front splits bend the front knee first then slide the back leg away. Once you reach your limit, extend the front leg. If knee issues are present, slide the front heel forward to reduce strain on the knee. This gives more control and prevents overstretching the hamstring and knee.

COACHING:

For all splits variations, use Layer 1 and 2 cues to remind participants to use their hands and arms for support. For example, press the outer edges of both feet into the floor for stability and muscle engagement, lift the thighs gently to activate the legs and support the knees, align your knees with your feet to avoid inward collapse, use your hands on the mat to support your body weight and keep your torso stable, and breathe deeply, inhaling as you lengthen and exhaling as you ease into the stretch.

PERFORMANCE – PRESENCE & ESSENCE:

Be authentic with your presentation. If you find the track challenging, share it positively with your class. Being real helps build genuine connections.

STAR MOVE – BANANA SPLITS:

This challenging pose stretches the inner thighs (adductors). When demonstrating and coaching, remind your class to press down through the outer edges of both feet and lift the thighs to support the ankles and knees. Move into the stretch slowly, using your hands for balance and control.

SPIRALS:

Because I'm Free | 4:58

Track Time	Lyrics	Choreography	Reps	Counts	X 8
00:00	Intro	Standing Wide-Legged Forward Fold Feet wide apart, fold the torso between the legs, and place hands on the mat. <i>Inhale/Exhale</i>	1	32	4 x 8
00:27	Grateful for the days	Wide Leg Lunge Spiral L Bend the left knee, place the right hand on the ground, and rest the left hand on the lower back. <i>Inhale/Exhale</i> Reach the left arm to the ceiling. <i>Inhale/Exhale</i> [Option: keep the left hand on the lower back.]	1	16 16	4 x 8
00:50	I carry love	Standing Wide-Legged Forward Fold	1	32	4 x 8
01:12	Because I'm free	Wide Leg Lunge Spiral R	1	32	4 x 8
01:35	Quiet instrumental	Transition to floor for 90/90 or Pigeon L	1	8	1 x 8
01:41	Laughter fades	90/90 or Pigeon L Left knee forward, right leg behind, both knees bent at 90 degrees with feet flexed. Extend the right leg behind for pigeon. Hands in front for support. <i>Inhale/Exhale</i>	1	32	4 x 8
02:03	Like clouds that drift	90/90 or Pigeon High Twist L Turn chest to L side. Frame L knee with both hands. <i>Inhale/Exhale</i>	1	16	2x 8
02:14	Right here, right now	90/90 or Pigeon Forearm Twist L R forearm to mat, L hand presses into mat, torso draws down, turn chest to L. <i>Inhale/Exhale</i> [Option: 90/90 or Pigeon High Twist L.]	1	16	2 x 8
02:25	Because I'm free	90/90 or Pigeon Thread The Needle Twist L Extend the left arm forward, place the left hand on the mat. Thread the right arm underneath, bringing the right shoulder and ear to the mat. Draw the torso down and turn the chest to the left. <i>Inhale/Exhale</i> [Option: 90/90 or Pigeon High Twist.]	1	32	4 x 8
02:48	Quiet instrumental	Set up 90/90 or Pigeon R	1	8	1 x 8
02:54	The road ahead	90/90 or Pigeon R	1	32	4 x 8
03:16	Like clouds that	90/90 or Pigeon High Twist R	1	16	2 x 8
03:28	Right here, right now	90/90 or Pigeon Forearm Twist R	1	16	2 x 8
03:38	Because I'm free	90/90 or Pigeon Thread The Needle Twist R	1	32	4 x 8
04:02	Because I'm free	Seated Straddle Legs wide, hands to inside of legs, lifted chest. <i>Inhale/Exhale</i> [Option: bend the knees.]	1	32	4 x 8
04:24	Because I'm free...	Seated Straddle Twist L Right hand to the inside of the right leg, left hand reaching back to the left diagonal. Turn the chest to the left. <i>Inhale/Exhale</i>	1	16	2 x 8
04:35	Because I'm free...	Seated Straddle Twist R	1	16	2 x 8
04:47	outro	Seated Straddle Forward Fold: Hands to the inside of the legs or reach forward, folding the torso. <i>Inhale/Exhale</i>	1	16	2 x 8

SPIRALS: TIPS

FOCUS:

Know all variations of Pigeon Thread the Needle to ensure participants are comfortable and successful.

CHOREOGRAPHY & MUSICALITY:

This track combines twists with deep hip stretches for an added release.

TECHNIQUE:

For Wide Leg Lunge Spiral, place one hand on the lower back and hips to help align the pelvis, ensuring both hips are level. This supports the lower back and encourages the twist to happen in the thoracic and cervical spine.

COACHING:

Incorporate Layer 2 Breathing cues: inhale to lengthen the spine, exhale to deepen the twist.

PERFORMANCE – PRESENCE & ESSENCE:

Check that participants are twisting in the correct direction. Twists can be confusing, so take time to observe and coach individually.

STAR MOVE – PIGEON THREAD THE NEEDLE:

This move offers deep hip release and a twist, stretching the glutes, piriformis, thoracic spine, and shoulders for a full release.

STRETCH:

Golden Glow | 5:34

Track Time	Lyrics	Choreography	Reps	Counts	X 8
00:00	Intro	Half Leg Forward Fold L Bend the left knee, extend the right leg long. <i>Inhale/Exhale</i> Fold forward. <i>Inhale/Exhale</i> [Option: bend the right knee.]	1	16 16	4 x 8
00:31	In the quiet calm	Half Leg Forward Fold with Side Bend L L arm reaches B. Chest turns to L. <i>Inhale</i> Side bend. <i>Exhale</i> Hold side bend. <i>Inhale/Exhale</i>	1	8 8 16	4 x 8
01:00	Can you feel the	Half Leg Forward Fold R	1	32	4 x 8
01:27	Instrumental	Half Leg Forward Fold with Side Bend R	1	32	4 x 8
01:54	By the rivers edge	Supine Twist L Lie on back, Knees bend, drop to L side, shoulders and arms in a "T" position pressing into mat. <i>Inhale/Exhale</i> Hold the twist. Place the L hand on top of the knees. <i>Inhale/Exhale</i> Hold the twist. Extend the R leg, L hand to the R leg. <i>Inhale/Exhale</i> [Option: Child's Pose with Thread the Needle.]	1	32 32 32	12 x 8
03:16	By the rivers edge	Supine Twist R	1	96	12 x 8
04:39	Outro	Reclined Butterfly Pose Lie on your back, soles of feet together on the mat, knees bent and wide, arms extended by your sides in a "T" position. <i>Inhale/Exhale</i> [Option: support with forearms in Reclined Butterfly Pose.]	1	64	8 x 8

STRETCH: TIPS

FOCUS:

Use Layer 3 coaching cues to connect with the theme of Tranquillity.

CHOREOGRAPHY & MUSICALITY:

This track stretches the hamstrings, lower back, lats, thoracic spine, and adductors.

TECHNIQUE:

For Supine Twist, press arms, shoulders, and upper back into the mat.
Engage the core gently while twisting through the waist and hips.
Stack the knees and hips to support the lower back.

COACHING:

Reflect on the lyrics and the theme of Tranquillity. Use Layer 3 cues to encourage emotional release and calm, preparing participants for meditation.

PERFORMANCE – PRESENCE & ESSENCE:

Move with grace and gentleness to inspire the same peace and beauty in your participants.

STAR MOVE – HALF FORWARD FOLD WITH SIDE BEND:

This pose offers a deep release, combining spine rotation with lateral flexion.
Your intercostal muscles will thank you!

MEDITATION

Tranquillity Meditation

Sound meditation. I ask that you be present for the next 5 minutes, listening to the beautiful sounds that you are about to hear.

Let's find a comfortable position for this awakening meditation.
We can be seated or lying down.

Let's close our eyes and begin to relax our minds. The greatest tranquility comes when we desire nothing. So, let's allow our minds to be still and not busy. Be aware of your body in this moment and how it feels right now. Start to slow your breath, relaxing all the muscles in your face. Slide your shoulders away from your ears and feel at ease.

Feel supported by the earth as you sit or lie down.

With every out-breath, allow your breath to become a little longer than before.
Pay attention to the natural rhythm of your breathing.

Feel the rise and fall of your chest as you breathe, being conscious of how it feels and the sensation of air entering and leaving your nostrils.

There is nowhere else you need to be, or anything else you need to do. Allow any tension you may feel to evaporate and leave your body.

Enjoy the feeling of tranquility, finding a peaceful, calm state without noise or worry. Feel relaxed, centred, and content, even during challenges or chaotic situations.

Let's be grateful for this moment of peace and stillness in our day.
Moment of silence...

Let's begin to move our fingers or roll our head from side to side.
If we are lying down, start to slowly roll onto the side of our body, then gently push ourselves up to a seated position.

Once seated, take a deep breath in, lifting your hands overhead. As you exhale, bring your palms together and draw them to heart centre.
Slowly begin to blink your eyes open, letting some daylight back in.

Thank you so much for joining us for Release 19.
From myself, Roisin, and Lee, we hope to see you on the mat again soon.