



SPIRIT

MIND • STRENGTH • BODY



19

TRANQUILLITY

REBELS CHOREOGRAPHY NOTES

RELEASE 19 TRANQUILLITY



Release 19 Tranquillity is a fun and relaxing way to move your body and clear your mind. The smooth, flowing movements help you shake off stress and feel more at ease. With calming music in the background, you'll feel more connected, focused, and in control.

By the end, you'll feel peaceful, refreshed, and ready to take on your day with a positive mindset!

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 for a drink or adjusting is *always* okay.
- 3. Guide Their Breathing:** Use fun cues like "Breathe in like you're soaking up all the energy around you" to help them relax and get more out of their movements.
- 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: WARRIOR 3

FOCUS: Strengthening your legs, improving balance, and building core strength.

TECHNIQUE: Stand tall with your feet together. Step one foot back slightly and lean forward, lifting your back leg straight behind you. Stretch your arms forward or keep them by your sides like airplane wings. Keep your standing leg strong and your body in a straight line from your head to your lifted foot.

Coaching

(for 8-14 year olds):

Imagine you're a superhero flying through the air! Keep your body long and strong, like you're soaring over the city. Stretch your arms like wings or keep them by your side for balance. Focus on one spot ahead of you to stay steady—your superpower is strength and focus!

STAR MOVE #2: PLANK

FOCUS: Strengthening your arms, shoulders, core, and legs while improving endurance.

TECHNIQUE: Start on your hands (or forearms) and toes (or knees), keeping your body in a straight line from head to heels. Keep your hands (or elbows) directly under your shoulders and your belly tight. Don't let your hips drop or lift too high—stay strong like a board! Hold the position while breathing steadily.

Coaching

(for 8-14 year olds):

Pretend you're a super stiff surfboard floating on the water—don't let your belly sink or your back bend! Squeeze your tummy and legs like you're holding a secret energy inside. Try to stay as still as possible while breathing in and out like a strong warrior!

STAR MOVE #3: SUPINE TWIST

FOCUS: Stretching the thoracic spine while relaxing the body.

TECHNIQUE: Lie on your back with your arms stretched out like a "T." Bend one knee and gently bring it across your body toward the floor. Keep both shoulders pressed into the ground and look towards the opposite side. Relax and hold the posture while breathing deeply.

Coaching

(for 8-14 year olds):

Imagine you're wringing out all the stress like a twisty towel! Keep your shoulders on the ground like they're stuck with glue. Let your leg gently drop and breathe deeply—feel yourself unwinding and relaxing like a sleepy cat stretching after a nap.

WARM UP:

Tranquil Heart | 4:10

FOCUS: Help your class move and breathe together, using each breath to guide their movements and stay present.

TECHNIQUE TIP: For **Pluck the Stars**, keep your hips facing forward as you twist and reach. Use your legs and tummy muscles to help control the movement, so your lower back stays safe.

COACHING TIP: Between the song's chorus and verse, remind everyone to focus on their breathing. This helps them stay in the moment and feel more connected to the movement.

Track Time	Lyrics	Choreography	Reps	Counts	X 8
00:00	Intro	Goddess Squat Set Up Feet wide, knees bend, hands rest on knees. <i>Breathe in/Breathe out</i> [REBELS OPTION: keep a wider stance with a smaller knee bend for comfort.]	1	32	4 x 8
00:26	With a heart	Heart Breathing Sequence	2	16	4 x 8
00:47	Through storms	Pluck The Stars Sequence <i>Breathe in</i> – Hug your arms around your waist. Stretch your L arm forward and R arm back, turning your chest to the R. <i>Breathe out</i> – Reach your L arm back to the L diagonal, straighten your legs, and turn your chest to the L. <i>Breathe in</i> – Bring your L arm back to the centre, facing forward again. <i>Breathe out</i> – Press your L hand forward, bend your knees, and sink into Goddess Squat. (Repeat R.)	1	8 8 8 8 32	8 x 8
01:30:	Instrumental	Heart Breath	1	16	2 x 8
01:40	Today I am	Goddess Squat Side Bend <i>Breathe in</i> – Stay in Goddess Squat and lift your L arm up. <i>Breathe out</i> – Bend to the R, stretching your side. (Repeat R.)	1	8 8 16	4 x 8
02:02	Through ...	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 ...	Pluck The Stars Sequence	1	64	8 x 8
03:59	Outro	Heart Breath	1	16	2 x 8

BONUS ALTERNATIVE WARM UP:

Tranquil Heart | 4:10

FOCUS: Know the moves well so you can guide your class smoothly through each transition. If needed, switch up the choreography to keep it fun or use it instead of a standing warm-up.

TECHNIQUE TIP: In Seated Butterfly Pose Side Bend, remind everyone to keep the opposite hip glued to the floor when they lean sideways. This helps them stretch without lifting off the mat—like a big rainbow stretch.

COACHING TIP: When setting up Tabletop, keep it simple! Say things like 'hands under shoulders' and 'knees under hips' to help everyone get into the right position. Make sure everyone is facing the same way for Sun Salutations, so nobody gets confused. And don't forget—smile, use big, friendly gestures, and make eye contact so everyone feels welcome and part of the fun!

Track Time	Lyrics	Choreography	Reps	Counts	X 8
00:00	Intro	Seated Butterfly Pose Setup	1	32	4 x 8
00:26	With a heart	Butterfly Pose with Stretch & Curl <i>Breathe in</i> – Sit up tall, lift your chest, and look up. <i>Breathe out</i> – Round your back, tuck your chin, and look down.	2	8 8	4 x 8
00:47	Through storms	Seated Twist L and R <i>Breathe in</i> – Lift both arms up into a big "V" shape. <i>Breathe out</i> – Turn your chest to the R, placing your L hand on your R knee and your R hand on the floor behind you .	2	8 8 16	8 x 8
01:30	Instrumental	Spine Release	1	16	2 x 8
01:40	Today I am	Seated Butterfly Pose Side Bend	1	32	4 x 8
02:02	Through storms	Table Top Wrist Release and Twist Table top position, hands under shoulders, knees under hips. <i>Breathe in/Breath out</i> Shoulders circle clockwise, then counterclockwise. <i>Breathe in/Breath out</i> Lift L arm, turn chest to L. <i>Breathe in</i> , Lower L arm. <i>Breathe out</i> Lift R arm, turn chest to R. <i>Breathe in</i> , Lower R arm. <i>Breathe out</i> [REBELS OPTION: if balancing is tricky, keep your hand lower or just lift your elbow.]	1	16 16 16 16	8 x 8
02:45	Instrumental	Downward Dog	1	32	4 x 8
02:55	In courage	Downward Dog to Forward	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>Breathe in</i> Forward Fold, hands to floor, torso over legs, head bows. <i>Breathe out</i> [REBELS OPTION: feet hip width, bend knees, hands to thighs.]	4	8 8	8 x 8
03:59	Outro	Mountain Pose	1	16	2 x 8

SUN SALUTATION:

I'm With You | 5:50

FOCUS: Show how to keep your hips level in Three-Legged Downward Dog so everyone can follow along easily.

TECHNIQUE TIP: When you lift your leg, keep your hips nice and even—like a superhero flying straight! You can check by making sure your hands feel balanced, and your knee and toes point straight down to the mat.

COACHING TIP: Say the name of the pose first so everyone knows what's coming. Use a strong, clear voice so your class can stay focused and move smoothly from one position to the next!

Track Time	Lyrics	Choreography	Reps	Counts	X 8
00:00	Instrumental	Extended Mountain Set Up [REBELS OPTION: feet hip width apart.]	1	32	4 x 8
00:24	In your arms	Sun Salutation Low L (REBELS OPTION: take the low OPTIONS/skip the backbend) 90/90 Lunge, L foot back. <i>Breathe out</i> Hands to lower back – backbend setup. <i>Breathe in</i> Baby Backbend. <i>Breathe out</i> Hands to mat, low lunge, knee to mat. <i>Breathe in</i> Low Plank or Table Top. <i>Breathe out</i> Low Plank or Table Top. <i>Breathe in</i> Tricep Lower or Cat Pose. <i>Breathe out</i> Baby Cobra or Cow Pose. <i>Breathe in</i> Downward Dog. <i>Breathe out</i> Downward Dog. <i>Breathe in</i> Downward Dog. <i>Breathe out</i> Lunge, L foot forward. <i>Breathe in</i> Forward Fold. <i>Breathe out</i> Halfway lift, hands to thighs. <i>Breathe in</i> Forward Fold. <i>Breathe out</i> Extended Mountain. <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
01:40	We share	Sun Salutation Low R	1	128	16 x 8
02:58	I feel, I feel	Sun Salutation High L (REBELS OPTION: continue to coach round 1 and 2 OPTIONS) 90/90 Lunge, L foot back. <i>Breathe out</i> Clasp hands behind back or place hands on lower back – backbend setup. <i>Breathe in</i> Baby Backbend. <i>Breathe out</i> Hands to mat, low lunge, knee on or off mat. <i>Breathe in</i> High Plank, Low Plank, or Table Top. <i>Breathe out</i> High Plank, Low Plank, or Table Top. <i>Breathe in</i> Tricep Lower or Cat Pose. <i>Breathe out</i> Upward Dog, Baby Cobra, or Cow Pose. <i>Breathe in</i> Downward Dog. <i>Breathe out</i> Square Hip Three-Legged Downward Dog, L leg lifts. <i>Breathe in</i> Square Hip Three-Legged Downward Dog, L leg stays lifted. <i>Breathe out</i> Lunge, L foot forward. <i>Breathe in</i> Forward Fold. <i>Breathe out</i> Halfway Lift, hands to shins or thighs. <i>Breathe in</i> Forward Fold. <i>Breathe out</i> Extended Mountain. <i>Breathe in</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 inst	Sun Salutation High R	1	128	16 x 8
05:31	Outro	Mountain Pose – Head and Neck Circles L & R	1	32	4 x 8

STANDING STRONG:

On The Road With You | 4:18

FOCUS: This track is tough, but let's make it fun! Stay connected with your class and keep the energy high!

TECHNIQUE TIP: In Warrior 2, press the outside of your back foot into the floor—like you're standing super strong on a surfboard! This helps your leg muscles support your ankle and knee.

COACHING TIP: Keep cheering on your class! Remind them why each move makes them stronger and give lots of high-energy praise to keep everyone feeling awesome!

Track Time	Lyrics	Choreography	Reps	Counts	X 8
00:00	Intro	Warrior 2 Set Up	1	32	4 x 8
00:22	With you by	Warrior 2 L	1	32	4 x 8
00:40	Life pushes	Warrior 2 Hand Push and Pull L	1	32	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>Breathe in</i> R arm sweeps forward to overhead by R ear, wrist extended. <i>Breathe out</i> Hold Extended Warrior 2. <i>Breathe in/Breathe out</i> L arm sweeps up to meet R, both wrists extended, fingertips touch. <i>Breathe in/Breathe out</i> [REBELS OPTION: keep L forearm on thigh or hand on mat.]	1	8 8 16 32	8 x 8
01:32	Sunlight	Warrior 2 R	1	32	4 x 8
01:49	When it	Warrior 2 Hand Push and Pull R	1	32	4 x 8
02:07	When I'm in	Extended Warrior R	1	64	8 x 8
02:42	instrumental	Side Lunge - Arm Cross	1	32	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>Breathe in/Breathe out</i> Eagle bind - L arm low, R arm crosses on top. <i>Breathe in/Breathe out</i> Side bend to L. <i>Breathe in</i> Flex spine forward. <i>Breathe out</i> Side bend to R. <i>Breathe in</i> Lift shoulders over hips. <i>Breathe out</i> [REBELS 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	Goddess Squat Bind with Upper Body Circle R	1	64	8 x 8
04:09	Outro	Goddess Squat, Arms Wide	1	16	2 x 8

BALANCE:

Choose To Be Free | 4:05

FOCUS: Guide your class through each pose one step at a time, giving different options so everyone feels strong and confident!

TECHNIQUE TIP: In Warrior 3, start by shifting your weight to one leg and stepping the other foot back. Keep your hips level as you lean forward—like you’re a superhero flying! You can keep your back toes on the ground or lift your leg to test your balance.

COACHING TIP: Watch how your class is doing and start with one option before adding a challenge. Remind them to stay focused, have fun, and feel proud of what their bodies can do!

Track Time	Lyrics	Choreography	Reps	Counts	X 8
00:00	Intro	Mountain Pose	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>Breathe in/Breathe out</i> [REBELS OPTION: lift the leg to hip height.]	1	32	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>Breathe in/Breathe out</i> [REBELS 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>Breathe in/Breathe out</i> [REBELS OPTION: lift the leg to hip height.]	1	16	2 x 8
01:17	With love as my anchor	Balancing Extended Mountain with Arm Cross Feet together, chest lifts. <i>Breathe in</i> as arms lift overhead, then <i>Breathe out</i> as arms cross in front of the chest. <i>Breathe in</i> as arms return by sides. <i>Breathe out</i> as you hold or transition. [REBELS OPTION: no heel lift.]	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>Breathe in/Breathe out</i> [REBELS OPTION: feet hip width apart, heels stay on floor]	1	32	4 x 8
03:04	So I'll choose	Warrior 3 L	1	32	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

FOCUS: Teach your class the two different arm positions for Hover and Plank so they feel strong and in control!

TECHNIQUE TIP: In Side Plank or Hover, make sure your hand or elbow is right under your shoulder—like stacking building blocks. Keep your hips, knees, and feet in a straight line to stay balanced and steady.

COACHING TIP: Show and explain both Hover and Plank so everyone can pick the one that feels best for them. Remind them to stay strong, keep breathing, and have fun!

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>Breathe in/Breathe out</i> Hover: Elbows under shoulders, on knees or toes. <i>Breathe in/Breathe out</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>Breathe in/Breathe out</i>	1	64	8 x 8
00:47	Through time	Side Plank or Side Hover L Place your L hand or elbow on the mat, R arm reaching to the ceiling. L knee and shin stay on the ground, R foot presses into the mat. <i>Breathe in/Breathe out</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>Breathe in/Breathe out</i> [OPTION to bring R toes to left knee or extend the R 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

FOCUS: Help your class feel the theme of Tranquillity by using calm, supportive coaching to create a peaceful vibe.

TECHNIQUE TIP: In Supine Twist, press your arms, shoulders, and upper back into the mat. Gently engage your core as you twist, and keep your knees and hips stacked—like a cosy, twisted pretzel—to protect your lower back.

COACHING TIP: Encourage your class to fully relax by focusing on their breath and the music. Use soft, soothing cues to help them let go of tension and feel calm, peaceful, and ready for meditation.

Track Time	Lyrics	Choreography	Reps	Counts	X 8
00:00	Intro	Half Leg Forward Fold L Bend the L knee, extend the R leg long. <i>Breathe in/Breathe out</i> Fold forward. <i>Breathe in/Breathe out</i> [REBELS OPTION: bend the R knee.]	1	16 16	4 x 8
00:31	In the quiet calm	Half Leg Forward Fold with Side Bend L	1	32	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>Breathe in/Breathe out</i> Hold the twist. Place the L hand on top of the knees. <i>Breathe in/Breathe out</i> Hold the twist. Extend the R leg, L hand to the R leg. <i>Breathe in/Breathe out</i> [REBELS 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>Breathe in/Breathe out</i> [REBELS OPTION: support with forearms in Reclined Butterfly Pose.]	1	64	8 x 8

TRANQUILLITY MEDITATION

For the next few minutes, let's take a break and focus on the sounds around us.
Listen carefully and just be present in this moment.

Find a comfortable position—you can sit or lie down. Close your eyes and take a
deep breath in... and out.

Now, let your mind slow down. There's nothing to do, nowhere to be—just relax.
Feel your body resting. Let your shoulders drop, relax your face, and breathe
gently. Imagine the ground is holding and supporting you.

With each breath out, let go of any tightness or worry. Feel your chest rise and fall,
noticing the soft air as it moves in and out of your nose.

There is peace in this moment. Breathe it in. Let any stress drift away
like clouds in the sky.

Take a few more slow breaths, feeling calm and steady.

(Pause for quiet reflection...)

Now, gently wake up your body—wiggle your fingers and toes. If you're lying
down, slowly roll to your side before sitting up.

Take a deep breath in, reaching your arms high. Breathe out and bring your hands
together at your heart.

When you're ready, blink your eyes open and bring some light back in.

Thank you for sharing this moment of calm.

We hope to see you on the mat again soon!