



SPIRIT

MIND • STRENGTH • BODY



20

PASSION

INSTRUCTOR CHOREOGRAPHY NOTES

RELEASE 20 PASSION

Passion is the energy that drives you —
the spark that fuels your creativity and connection.

In this class, you're invited to explore the intensity and vibrancy of your inner power through freedom and fullness. You'll connect deeply with each gesture and flow. Together, you'll help create a space where passion is unleashed, leaving you feeling energised, alive, and connected to your purpose.

Mat Setup:

Set up mats vertically or horizontally, depending on the space you have. Make sure you can see your group clearly and they can see you. Try to face them as often as possible. Using mirroring (moving as their reflection) helps everyone stay connected and makes it easier for them to follow you with confidence.

Adaptability:

Show different options and progressions to support a range of needs and abilities. Guide participants to choose the version that feels best for them, so everyone can move in a way that's right for their body.

FORMATS

45 Minute ORIGINAL

Warm-up, Sun Salutations,
Standing Strong, Balance,
Flow, Posterior, Core,
Stretch, Meditation

45 Minute ALIGN

Warm-up, Sun Salutations,
Standing Strong, Balance,
Posterior OR Core, Hips,
Spirals, Stretch, Meditation

30 Minute ORIGINAL

Warm-up, Sun Salutations,
Standing Strong, Posterior,
Core, Stretch

30 Minute ALIGN

Warm-up, Sun Salutations,
Balance, Hips, Spirals,
Meditation

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:

Queen of Hearts / 04:43

Track Time	Lyrics	Choreography	Reps	Counts	X 8
00:00	Intro	Halo Sequence Setup Feet step wide. Bend knees to Goddess Squat. <i>Exhale/Inhale</i> Arms lift wide at shoulder height palms F. <i>Exhale/Inhale</i>	1	16 16	4 x 8
00:32	You and me	Halo Sequence L and R Weight shifts L, bend L knee, R leg straightens, R hand reaches to L hand. <i>Exhale</i> Weight shifts R, bend R knee, L leg straightens. Both hands circle behind head from L to R. <i>Inhale</i> Weight shifts L, bend L knee, R leg straightens, both hands press to L side. <i>Exhale</i> Goddess Squat, R arm reaches to R side, both arms wide at shoulder height. <i>Inhale</i> Repeat R (On last rep straighten legs and lift arms O/H, hand touches hand.)	2	4 4 4 4 16	8 x 8
01:15	I'm the queen	Swing Down with Side Bend Both knees bend, hips pulse. Arms come wide, down, cross in front of chest. <i>Exhale</i> Legs straighten, arms return O/H. <i>Inhale</i> Side bend L and rise. <i>Exhale</i> Repeat R	2	2 2 4 8	4 x 8
01:37	Hey you I'll	Arm Combo Elbows bend, hands pull to shoulders palms F. <i>Exhale</i> Palms press F. <i>Inhale</i> Arms open wide at shoulder height. <i>Exhale</i> Goddess Squat, knees bend. <i>Inhale</i>	1	4 4 4 4	2 x 8
01:48	You and me	Halo Sequence L and R	2	64	8 x 8
02:32	I'm the queen	Swing Down with Side Bend	2	32	4 x 8
02:54	Hey you	Arm Combo	1	16	2 x 8
03:04	You and me	Halo Sequence L and R	2	64	8 x 8
03:48	I'm the queen	Swing Down with Side Bend	2	32	4 x 8
04:10	Hey you	Arm Combo On last 4 counts keep legs straight, turns toes F.	1	16	2 x 8
04:21	Outro	Wide Leg F/F to Backbend Wide leg F/F. Torso tips F from hips, hands to thighs or floor. <i>Exhale/Inhale</i> Stand up, baby backbend hands to lower back or laced behind back. <i>Exhale/Inhale</i>	1	16 16	4x 8

WARM UP: TIPS

FOCUS

Use the three-part choreographic structure and apply the three-layer coaching model to script your delivery.

CHOREOGRAPHY & MUSICALITY

Three simple movement sequences. Each one repeats three times.
The sequence finishes with a wide-leg forward fold into a gentle backbend.

Keep your movements in time with the music,
using the rhythm to guide you.

TECHNIQUE: HALO SEQUENCE

Flow smoothly through the upper body.
Shift your weight from leg to leg with control.
Keep your arms soft and allow your breath to guide the movement.

COACHING INSTRUCTIONS

Use the three-layer coaching model:

- First third of the track – use Layer 1
(Basic cueing: what to do)
- Second third – use Layer 2
(Coaching: how to do it well and Breath)
- Final third – use Layer 3
(Motivation: why it matters)

PERFORMANCE – PRESENCE & ESSENCE

Move with grace and control. Ground through your feet and legs.
Let your breath flow smoothly.

STAR MOVE: SWING DOWN

A strong, dynamic movement. Raises your heart rate.
Warms the body and opens the hips.

SUN SALUTATION:

By my side / 04:21

Track Time	Lyrics	Choreography	Reps	Counts	X 8
00:00	Intro	Mountain Pose to Extended Mountain Mountain Pose. Feet under hips or connect, tall posture. <i>Exhale/Inhale</i> Extended Mountain. Arms lift wide and O/H palms connect. <i>Exhale/Inhale</i>	1	16 16	4 x 8
00:31	It's in your	Sun Salutation L [Low] Forward Fold. <i>Exhale</i> L leg Lunge B. <i>Inhale</i> Downdog. <i>Exhale</i> Plank on knees or Table Top. <i>Inhale</i> Tricep Lower or Cat. <i>Exhale</i> Baby Cobra or Cow. <i>Inhale</i> Downdog. <i>Exhale</i> L leg F lunge, B knee down. <i>Inhale</i> Hamstring stretch, hips B, L leg lengthens. <i>Exhale</i> Lunge, B knee lifts. <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	12 x 8
01:27	I hear your	Sun Salutation R [Low]	1	96	12 x 8
02:24	I taste the	Sun Salutation L Forward Fold. <i>Exhale</i> L leg Lunge B. <i>Inhale</i> Downdog. <i>Exhale</i> Plank on toes, knees or Table Top. <i>Inhale</i> Tricep Lower or Cat. <i>Exhale</i> Updog, Baby Cobra or Cow. <i>Inhale</i> Downdog. <i>Exhale</i> L leg F lunge, B knee up or down. <i>Inhale</i> Pyramid or Hamstring stretch, hips B, L leg lengthens. <i>Exhale</i> Lunge, B knee up. <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	12 x 8
03:22	I hear your	Sun Salutation R High	1	96	12 x 8

SUN SALUTATION: TIPS

FOCUS

Coach with clarity and purpose.
Avoid using filler phrases when giving instructions.

CHOREOGRAPHY & MUSICALITY

The track includes four rounds. There are two levels of intensity.
Choose when to introduce the higher intensity poses based on
your group's ability.

TECHNIQUE: PYRAMID POSE

Hands frame the front foot. Hips shift back and stay level.
Both legs are long. Keep the back foot in place. Back heel does
not need to touch the mat.

COACHING INSTRUCTIONS

Speak clearly and directly. Use short, specific cues to help participants
stay focused. Avoid unnecessary phrases. Instead of:

- "From here we're gonna move into a side bend" - say "Side bend"
- "And so we're gonna bend the knees" - say "Bend knees"
- "As you breathe out" - say "Breathe out"
- "From here take the hands to the hips"- say "Hands on hips"
- "As that left leg comes back" - say "Left leg back"

PERFORMANCE – PRESENCE & ESSENCE

Use a clear and confident tone.
Be calm, encouraging, and easy to follow.

STAR MOVE: DOWNWARD DOG

A key pose in SPIRIT with many benefits:
Stretches the back body. Opens the shoulders and chest.
Strengthens arms and shoulders. Encourages blood flow to the brain.

STANDING STRONG:

Make me feel alive / 05:51

Track Time	Lyrics	Choreography	Reps	Counts	X 8
00:00	Intro	Warrior 1 Setup L Mountain pose, hands to hips. <i>Inhale/Exhale</i> Warrior 1, R leg steps B, L knee bends. <i>Inhale/Exhale</i>	1	32	4 x 8
00:28	Looking at	Warrior 1 L Warrior 1, hands in prayer at chest. <i>Inhale/Exhale</i> Option: lift back heel.	1	32	4 x 8
00:45	So set me free	Warrior 1 Arms O/H L Arms lift O/H. <i>Inhale/Exhale</i> Option: lift L heel. <i>Inhale/Exhale</i>	1	16 16	4 x 8
01:02:	You make me feel	Extended Warrior 1 L Extended Warrior 1, tip torso F, arms in line with spine. <i>Inhale/Exhale</i> Arms lower and sweep back by sides. Option: hands to front thigh. <i>Inhale/Exhale</i> Warrior 1, torso lifts arms return O/H. <i>Inhale/Exhale</i> Baby backbend. <i>Inhale/Exhale</i>	1	16 16 16 16	8 x 8
01:36	You make me feel	Warrior 1 Backbend L Elbows draw down to ribs the arms unfold by sides. <i>Inhale/Exhale</i>	1	16	2 x 8
01:44	Is it worth	High Lunge L High lunge, back heel lifts, toe to floor. Hands in prayer at chest. <i>Inhale/Exhale</i>	1	32	4 x 8
02:02	So set me free	Lunge Twist L Arms lift O/H. <i>Inhale/Exhale</i> Torso turns L. Option: torso turns R. <i>Inhale</i> Arms open wide in line with shoulders. <i>Exhale</i> Option: Twist torso R in lunge with open twist	1	16 8 8	4 x 8
02:19	You make me feel	Revolved Reverse Lunge to Lunge Twist L Hold Twist, R arm O/H, L arm to lower back. <i>Inhale/Exhale</i> Arm and torso reach F, torso stays turning. R arm to L thigh, or under shoulder to mat. L arm O/H. <i>Inhale/Exhale</i> Option: Lunge with open Twist to Modified Extended Warrior 2	1	32 32	4 x 8
02:53	You make me feel	Revolved Half Moon L Weight F to L foot, R hand F, back toe down or lift. <i>Inhale/Exhale</i> Option: Floating Half Moon	1	32	4 x 8
03:10	Fading echos	Warrior 1 LR	1	32	4 x 8
03:28	So set me free	Warrior 1 Arms O/H R	1	32	4 x 8
03:45	You make me feel	Extended Warrior 1 R	1	64	8 x 8
04:19	You make me feel	Warrior 1 Backbend R	1	16	2 x 8
04:28	I can't deny	High Lunge R	1	32	4 x 8
04:45	So set me free	Lunge Twist R	1	32	4 x 8
05:02	You make me feel	Revolved Reverse Lunge to Lunge Twist R	1	64	4 x 8
05:36	Outro	Revolved Half Moon R	1	32	4 x 8

STANDING STRONG: TIPS

FOCUS

Your focus in this track is to motivate and connect with your class, especially during the more challenging movements.

CHOREOGRAPHY & MUSICALITY

This sequence includes a closed hip standing posture, a twist, a backbend, and a balance.

Let the music guide the flow and help build energy through each phase of the track.

TECHNIQUE: REVOLVED REVERSE LUNGE

Lengthen your spine and rotate your torso toward the front thigh. Reach your front arm overhead while placing your back hand on your lower back. Stay steady through the legs, and keep turning from the waist with your glutes engaged.

Hold the twist, then gently extend the front arm and torso up and over toward the back foot, creating a light side bend.

COACHING INSTRUCTIONS

This is the time to use Layer 3: praise-based coaching. Offer words of encouragement that help your group stay motivated. Support them emotionally as they move through strong and complex shapes, reminding them of their ability to stay grounded and present.

PERFORMANCE – PRESENCE & ESSENCE

Use strong and supportive eye contact.

Let your tone and body language show confidence and care. Being fully present helps participants feel safe, especially when they're moving through physically or mentally demanding poses.

STAR MOVE: REVOLVED HALF MOON

This posture offers a powerful combination of balance, rotation, and strength. It supports spinal mobility, activates the core, and creates a deep stretch through the standing leg. The move asks for both focus and stability, offering a chance to explore control and expansion at the same time.

BALANCE:

Heart's Wide Open / 02:58

5. Track Time	Lyrics	Choreography	Reps	Counts	X 8
00:00	Intro	Mountain Pose Mountain pose. Hands in prayer at chest. <i>Inhale/Exhale</i>	1	32	4 x 8
00:32	You might leave	Knee to Chest Pose L L knee lifts towards chest. Option: hold thigh or heel up, toe to floor. <i>Inhale/Exhale</i>	1	32	4 x 8
00:57	I was born	Quad Stretch L L foot back to glute. L hand holds L foot. Option: toe to floor. <i>Inhale</i> R arm O/H. Option: R arm F. <i>Exhale</i>	1	8 8	2 x 8
01:10	My heart's wide	Dancers Pose L L thigh lifts up and back. <i>Inhale/Exhale/Inhale</i> R arm sweeps down and back by side. <i>Exhale</i>	1	24 8	4 x 8
01:33	I'm the apple	Knee to Chest Pose R	1	8	x 8
01:57	I was born	Quad Stretch R	1	16	2 x 8
02:10	My heart's wide	Dancers Pose R	1	32	4 x 8
02:34	Outro	Balancing Mountain Pose with Backbend Feet together or hip width. Hands prayer. Heels lift. Arms O/H <i>Inhale/Exhale/Inhale</i> Backbend, elbows towards ribs then arms unfold by sides. <i>Exhale</i>	1	24 8	4 x 8

BALANCE: TIPS

FOCUS

The aim of this track is to match the pace of your coaching with the rhythm of the music.

CHOREOGRAPHY & MUSICALITY

This track has a fresh feel, inspired by 1920s jazz. Let the music guide your energy and timing as you move through each posture.

TECHNIQUE: BALANCING MOUNTAIN POSE WITH BACKBEND

Stand with your feet together or hip-width apart.
Bring your hands to prayer position.
Lift your heels and engage your thighs and glutes to stay steady.
Reach your arms overhead and move into a gentle backbend from the mid to upper back.
Then pull your elbows in toward your ribs and unfold your arms slowly down by your sides.

COACHING INSTRUCTIONS

Keep your coaching clear and simple.
Use no more than one coaching focus per pose so that your words land well and the music has space to be felt.

PERFORMANCE – PRESENCE & ESSENCE

Let the slower rhythm and easy-going mood of the music shape the pace of your delivery.
Speak gently and leave pauses so the class can absorb your words and enjoy the music.

STAR MOVE: DANCER'S POSE

Dancer's Pose is graceful and expressive, making it a perfect fit for SPIRIT. It helps to improve flexibility in the spine, quadriceps, hip flexors, abdomen, chest, and shoulders.
This pose also brings a sense of lift and openness.

FLOW:

I Found My Passion In You / 06:53

Track Time	Lyrics	Choreography	Reps	Counts	X 8
00:00	Intro	Mountain Pose Feet together or hip width. Hands to prayer at chest. <i>Inhale/Exhale</i>	1	32	4 x 8
00:29	Every time I look	Balance Sequence L L knee lifts to knee to chest, both hands hold L shin or thigh. Option: toes to mat. <i>Inhale/Exhale</i> Option: L arm reaches O/H the B chest turns L. Option: R hand holds L foot, L leg extends. <i>Inhale/Exhale</i>	1	32 32	8 x 8
01:07	Passion in you	Sun Salutation Sequence L L leg B to low lunge hands to mat. <i>Inhale/Exhale</i> Downdog. <i>Inhale/Exhale</i> Plank on knees toes or Table Top. <i>Inhale</i> Tricep lower or Cat. <i>Exhale</i> Updog, baby Cobra or Cow. <i>Inhale</i> Table Top. <i>Exhale</i>	1	16 16 8 8 8 8	8 x 8
01:46	Violins	Sweeping Bow L Pointer. L leg B, lifts in line with hips. <i>Inhale</i> R arm reaches F, on or off the mat. <i>Exhale</i> Sweeping Bow, L knee bends, R hand reaches for L foot. Option: hold in pointer. <i>Inhale/Exhale</i>	1	8 8 16	4 x 8
02:07	I was lost before	Standing Strong Sequence L Downdog. <i>Inhale/Exhale</i> L Leg F to Lunge <i>Inhale/Exhale</i> Extended Warrior 1. R heel to mat, hands to L thigh or arms B by sides. Option: Extended Lunge. <i>Inhale/Exhale</i> Warrior 1, arms reach F then O/H. Baby Backbend. <i>Inhale/Exhale</i> Elbows towards ribs then arms unfold by sides. <i>Inhale/Exhale</i>	1	16 16 32 32 32	16 x 8
03:22	We come together	Balancing Chair Pose Mountain pose, hands prayer at chest. Heels lift. Option: heels to mat. <i>Inhale/Exhale</i> Bend knees, hips back and down. <i>Inhale/Exhale</i>	1	16 16	4 x 8
03:41	No more searching	Balance Sequence R	1	64	8 x 8
04:19	Passion in you	Sun Salutation Sequence R	1	64	8 x 8
04:58	Violins	Sweeping Bow R	1	32	4 x 8
05:17	It doesn't matter what	Standing Strong Sequence R	1	128	16 x 8
06:34	Outro	Balancing Chair Pose	1	32	4 x 8

FLOW: TIPS

FOCUS

The focus of this track is to coach with plenty of breath cues, helping participants move with energy, control, and ease.

CHOREOGRAPHY & MUSICALITY

This is a slow version of Flow. Most poses are held for 16 to 32 counts, giving time for each movement to be fully explored.

TECHNIQUE: SWEEPING BOW

Begin in Table Top position. Extend your left leg back to hip height and lift your right arm forward to shoulder height.

Engage your core and keep the body steady.

Bend your left knee and squeeze your glutes.

Gently rotate your chest to the right as your right arm reaches toward your left foot.

Move slowly and smoothly, using your breath to support balance and control.

COACHING INSTRUCTIONS

Use plenty of breath cues to support focus and flow. Breath-based coaching helps the class move with more ease, energy, and grace.

Guide the breath clearly through each phase of the movement.

PERFORMANCE – PRESENCE & ESSENCE

In the second round, inspire your class by fully expressing each pose.

Show the full potential of each shape, using your breath and body language to lead by example.

STAR MOVE: KNEE TO CHEST POSE WITH TWIST

This is one of the peak postures in the class. It builds deep strength in the standing leg and glute, while the core engages to support rotation through the spine. This movement also improves balance and increases body awareness.

POSTERIOR: Gonna Make It Back To You / 04:00

Track Time	Lyrics	Choreography	Reps	Counts	X 8
00:00	Intro	Butterfly Glute Bridge Setup Feet together, knees wide. Hands behind hips with chest lifted or lie on back arms by sides palms press into mat. <i>Exhale/Inhale</i>	1	32	4 x 8
00:30	Was a bright	Butterfly Glute Bridge [Slow] Hips lift; knees squeeze together. <i>Exhale/Inhale</i> Hips lower, knees open. <i>Exhale/Inhale</i>	4	8 8	4 x 8
01:07	Someday I'm	Butterfly Glute Bridge [Fast] Hips lift; knees squeeze together. <i>Exhale</i> Hips lower, knees open. <i>Inhale</i> Option: stay with slow tempo	8	4 4	4 x 8
01:26	Every	Alternating Single Leg Glute Bridge L and R Glute Bridge. Lie on back arms by sides, feet hip width knee bending, lift hips up. <i>Exhale/Inhale</i> L heel or knee lifts. <i>Exhale</i> L toe taps F. <i>Inhale</i> L toe or Knee moves B. <i>Exhale</i> L foot lowers. <i>Inhale</i> Repeat R	2	32 4 4 4 4	12 x 8
02:24	Now the sun	Transition to Reverse Fly Kneeling with hips B hovering off heels, arms straight and F alms press together or lie prone with arms out to sides at shoulder height. <i>Exhale/Inhale</i>	1	32	4 x 8
02:43	Someday I'm	Reverse Fly Lift arms up and B. <i>Exhale</i> Lower arms. <i>Inhale</i>	8	4 4	8 x 8
03:21	Someday I'm	Reverse Fly with Back Extension Back extension, lift chest. Lift arms up and B. <i>Exhale</i> Lower arms. <i>Inhale</i> Option: stay kneeling or if prone can stay with chest to floor.	4	4 4	4 x 8
03:40	Outro	Extended Childs Pose Hips to heels arms F, head rests. <i>Exhale/Inhale</i>	1	32	4 x 8

POSTERIOR: TIPS

FOCUS

The focus of this track is to demonstrate the prone reverse fly technique with precision and control.

CHOREOGRAPHY & MUSICALITY

Towards the end of the track, there is one quick transition to watch for. You will move from alternating single leg glute bridges into prone reverse flies.

TECHNIQUE: PRONE REVERSE FLY

Lie on your front with your legs long and feet pressing into the mat.

Extend your arms wide out to the sides, in line with your shoulders.

Keep your gaze toward the mat and your neck long. Depress and retract your shoulder blades as you lift your arms away from the floor.

Lower your arms slowly with control. Try to move only your arms and shoulders without shifting anything else.

COACHING INSTRUCTIONS

Explain the benefits of each pose to keep your class motivated as the repetitions increase in intensity.

Highlight how these movements strengthen and support their bodies.

PERFORMANCE – PRESENCE & ESSENCE

This track features lively music with lots of lyrics.

Use these lyrics to inspire your Layer 3 coaching, as shown in the masterclass.

STAR MOVE: BUTTERFLY GLUTE BRIDGE

The Butterfly Glute Bridge strengthens the adductor muscles and glutes.

It also helps improve hip mobility, making it a valuable movement in the sequence.

CORE:

You are My Desire / 03:57

Track Time	Lyrics	Choreography	Reps	Counts	X 8
00:00	Intro	Leg Lift and Lower L Setup Lie on back, knees bending, Thumbs to ribs fingers to pelvic bones. Option: prop up on forearms and elbows. Exhale/Inhale	1	32	4 x 8
00:26	Can you feel it	Leg Lift and Lower L L Knee Lifts or leg extends. Exhale L toe taps ground. Inhale Last 8 counts lift chest to crunch position arms reach F outside of legs.	7	4 4	8 x 8
00:59	You are my desire	Pilates 100s L Hold crunch position with chest lifted. Arms press down an inch. Arms lift an inch Exhale/Inhale On last 8 counts lie on back for leg lift and lowers. Exhale/Inhale Option: to intensify lift L knee or extend L leg long Option: alternating toes tap on forearms.	56	64	8 x 8
01:31	Hold me close	Leg Lift and Lower R	7	64	8 x 8
02:04	You are my desire	Pilates 100s R	56	64	8x 8
02:36	Day and night	Seated Half Roll Down and Up Sit up tall, hold thighs, knees bent, feet to floor. Exhale/Inhale Tuck chin, flex spine, roll half way down. Exhale Sit up tall, extend spine. Inhale Option: Lift your heels off the floor, release your hands from your thighs; extend your legs, add a seated twist. Repeat x 2	3	16 8 8	4 x 8
03:09	You are my desire	Seated Half Roll Down and Up with Arm Lift Tuck chin, flex spine, roll half way down. Exhale Hold flexion and lift arms O/H. Inhale Hold flexion and reach arms to legs. Exhale Sit up tall, extend spine. Inhale Option: stay with Seated Half Roll Down and Up or Seated Twist.	4	4 4 4 4	4 x 8
03:41	Outro	Stretch Out	1	32	4 x 8

CORE: TIPS

FOCUS

The focus of this track is to demonstrate different intensity levels for each move so that everyone can get the workout they want.

CHOREOGRAPHY & MUSICALITY

This section includes three abdominal strengthening exercises. Each exercise offers a range of intensities to help everyone feel the burn in their core.

TECHNIQUE: PILATES 100S

Lie on your back with your knees bent and feet flat on the floor.
Curl your head and shoulders off the mat.
Reach your arms straight forward, just outside your legs. Pump your arms up and down to match the rhythm of the music.
Keep your torso controlled by engaging your abdominal muscles.

COACHING INSTRUCTIONS

Use Layer 1 and Layer 2 coaching cues to remind your class how to brace their belly, align their back, and breathe correctly.
Clear guidance on technique will help them stay safe and effective.

PERFORMANCE – PRESENCE & ESSENCE

This is the time to enjoy yourself with the class.
Connect with your participants and the music, sharing in the fun, disco vibe of the track while supporting them through the challenge.

STAR MOVE: SEATED HALF ROLL DOWN

This foundational exercise teaches control over momentum.
It works the deep abdominal muscles and helps practice moving the spine one segment at a time.

HIPS:

Love won't fade away / 05:26

Track Time	Lyrics	Choreography	Reps	Counts	X 8
00:00	Intro	Hero Pose Quad Stretch Kneeling with hips to heels. Hands behind hips, squeeze glutes, lift hips. Option: to intensify lift chest high. <i>Inhale/Exhale</i>	1	32	4 x 8
00:32	Baby can't you	Lizard L Lizard, L foot lunges outside of L hand, toes turn out. R leg B, knee to mat. Both hands to mat or to L thigh. <i>Inhale/Exhale</i> Stay in Lizard and come down onto forearms. <i>Inhale/Exhale</i> Stay in Lizard and lift back knee. <i>Inhale/Exhale</i> Option: stay in Lizard	1	32 32 32	12 x 8
01:41	You keep on lifting me	90/90 – Modified Wild Thing R R knee F, L knee B in 90/90, tip from hips, hands F to support. <i>Inhale/Exhale</i> Modified Wild Thing, R hand behind R hip under R shoulder. Press hips F squeezing glutes, extended L arm up and B, chest turning to R. <i>Inhale/Exhale</i> Stay in Modified Wild Thing. <i>Inhale/Exhale</i> Option: intensify with a backband. Lift chest to ceiling.	1	32 32 32	12 x 8
02:48	Floating in your	90/90 – Modified Wild Thing L	1	96	12 x 8
03:56	Baby can't you	Lizard R	1	96	12x 8
05:03	Outro	Hero Pose Quad Stretch	1	32	4 x 8

HIPS: TIPS

FOCUS

The focus of this track is to demonstrate all the options available in each pose so everyone can find what works best for them.

CHOREOGRAPHY & MUSICALITY

This sequence includes three poses arranged in a pyramid style. The order goes: pose 1, pose 2, pose 3, then back down: pose 3, pose 2, pose 1.

TECHNIQUE: LIZARD POSE

Start in a low lunge with both hands placed inside the front foot. Turn your front foot out slightly and press your knee in line with the centre of the foot. You can place your hands on your front knee, the mat, or your forearms on the floor, keeping your elbows under your shoulders. Draw your chest forward and choose whether to keep the back knee lifted or resting down on the mat.

COACHING INSTRUCTIONS

Use Layer 2 breath coaching here. Encourage long, slow breaths to help calm the nervous system. This breathing also helps the fascia create space, allowing muscles and joints to stretch more easily.

PERFORMANCE – PRESENCE & ESSENCE

Look around the room to see how participants are managing the poses. Use eye contact and their names to give supportive coaching that meets their individual needs.

STAR MOVE: HERO POSE QUAD STRETCH

Hero Pose is a great stretch for the quadriceps. It also opens the hip flexors and helps improve mobility in the knees and ankles.

Track Time	Lyrics	Choreography	Reps	Counts	X 8
00:00	Intro	Quad Stretch Setup L Lie prone, bend L knee, hold with L hand. R hand under forehead. <i>Inhale/Exhale</i> Option: lie on L side, bend R knee, hold with R hand.	1	32	4x 8
00:32	Take it easy	Quad Stretch L Lie prone, bend L knee, hold with L hand. R hand under forehead. <i>Inhale/Exhale</i> Option: lie on L side, bend R knee, hold with R hand.	1	32	4 x 8
00:57	Everything	Prone Scorpion Twist Setup L L hand to side under elbow, R arm extends to side in line with shoulder palm down. Lift L thigh up, place foot to mat behind R leg. <i>Inhale/Exhale</i> Option: lie on L side, L arm long, R hand F supporting, R foot behind L leg.	1	16	2 x 8
01:08	When I needed you	Prone Scorpion Twist L Hold Scorpion Twist. <i>Inhale/Exhale</i>	1	64	8 x 8
01:55	I thought you'd always	Quad Stretch R	1	32	4 x 8
02:19	Everything	Prone Scorpion Twist Setup R	1	16	2 x 8
02:30	When I needed you	Prone Scorpion Twist R	1	64	8 x 8
03:17	I hear you're talking	Extended Child's Pose, Thread Needle L then R Extended Child's Pose, hips to heels, arms extended F. <i>Inhale/Exhale</i> L arm threads under R. <i>Inhale/Exhale</i> R arm threads under L. <i>Inhale/Exhale</i> Option: kneeling shoulder stretch L and R.	1	16 16 16	6 x 8
03:52	When I needed you	DownDog Downward Facing Dog, bring feet together to touch, lift heels. <i>Inhale/Exhale</i> Option: Table Top.	1	32	4 x 8
04:15	When I needed you	DownDog with Lower Body Twist L Keep both hand, arms and shoulders square, bend knees, pivot on balls of feet, shift hips L, knees turn R. <i>Inhale/Exhale</i>	1	32	4 x 8
04:39	Outro	DownDog with Lower Body Twist R	1	32	4 x 8

SPIRALS: TIPS

FOCUS

The focus of this track is to help your class connect with how each pose feels in their own body.

CHOREOGRAPHY & MUSICALITY

This track has a cool and steady sound.
There is plenty of time in each pose to explore the stretch and feel into the sensations.

TECHNIQUE: PRONE SCORPION TWIST

Lie on your front with the back arm extended out to the side at shoulder height.
Bend the front arm and place the hand under the elbow, palm facing down.
Turn your head toward the bent arm.

Bend your front knee, lift the thigh, and begin to rotate through the hips and spine to place the foot behind your back leg.
Move slowly and with control, allowing the twist to build gradually.

COACHING INSTRUCTIONS

Use Layer 3 coaching to invite your class into deeper awareness.
Ask questions or offer cues that help them notice what they are feeling in the pose and where they might soften or open more.

PERFORMANCE – PRESENCE & ESSENCE

Let the music support the atmosphere.
Allow moments of silence in your coaching so the class can fully listen to the music and tune into their body's sensations.

STAR MOVE: DOWNWARD DOG WITH LOWER BODY TWIST

This move strengthens the shoulders and core.
It also mobilises the upper back and creates a beautiful release through the side of the body and the hips.

STRETCH:

Keep your love coming / 05:41

Track Time	Lyrics	Choreography	Reps	Counts	X 8
00:00	Intro	Halo Sequence Setup Feet step wide. Bend knees to Goddess Squat. <i>Exhale/Inhale</i> Arms lift wide at shoulder height palms F. <i>Exhale/Inhale</i>	1	16 16	4 x 8
00:38	Had to	Halo Sequence L and R Weight shifts L, bend L knee, R leg straightens, R hand reaches to L hand. <i>Exhale</i> Weight shifts R, bend R knee, L leg straightens. Both hands circle behind head from L to R. <i>Inhale</i> Weight shifts L, bend L knee, R leg straightens, both hands press to L side. <i>Exhale</i> Goddess Squat, R arm reaches to R side, both arms wide at shoulder height. <i>Inhale</i> Repeat R	1	4 4 4 4 16	4 x 8
01:04	Rebirth	Backbend Legs lengthen, toes F, hands lower back or clasped behind back, Backbend. <i>Exhale/Inhale</i>	1	16	2 x 8
01:19:	So keep your love	Wide Leg Fold Hands to thighs, torso tips F, hands to mat, bow head, lift sits bones. <i>Exhale/Inhale</i> Option: keep hands to thighs.	1	32	4 x 8
01:46	So keep your love	Wide Leg Fold Hamstring L and R Hands to L thigh or calf, torso folds over L leg. <i>Exhale /Inhale</i> Hands to R thigh or calf, torso folds over R leg. <i>Exhale /Inhale</i> Option: bend knee.	1	16 16	32 x 8
02:13	Instrumental interlude	Seated Side Bend and Twist Setup L Sit tall, sit bones on mat, R leg bending, R foot to opposite hip, L knee bends, L foot to inside or outside of R leg. <i>Exhale /Inhale/Exhale</i> Option: lengthen R leg.	1	16	2 x 8
02:28	Open, fearless	Seated Side Bend and Twist L R arm lifts O/H, Side Bend to L. <i>Inhale/Exhale</i> Lengthen Spine, turn chest to L, R arm holds L leg. <i>Inhale/Exhale</i> Option: lengthen R leg, open twist turning opposite direction.	1	16 16	4 x 8
02:54	Rebirth	Seated Side Bend and Twist Setup R	1	16	2 x 8
03:07	So keep your love	Seated Side Bend and Twist R	1	32	4 x 8
03:36	So keep your love	Supine Figure Four Setup L Lie down on back, bend knees. <i>Inhale/Exhale</i> Option: seated Figure Four.	1	16	2 x 8
03:49	So keep your love coming	Supine Figure Four L Bend L knee, place L ankle over R thigh, press L knee out, lift legs towards torso, hands hold back of R thigh or R shin. <i>Inhale/Exhale</i> Option: seated Figure Four.	1	32	4 x 8
04:16	So keep your love	Supine Figure Four R	1	32	4 x 8
04:44	So keep your love	Happy Baby Bend knees, thighs outside of torso, flex feet to ceiling, hands hold thighs, ankles, or feet. <i>Inhale/Exhale</i> Option: Seated Straddle		64	8 x 8

STRETCH: TIPS

FOCUS

The focus of this track is to demonstrate the seated side bend and twist while keeping both sit bones grounded.

CHOREOGRAPHY & MUSICALITY

We return to where we began, revisiting the standing halo sequence from the warm-up.

This is a great moment to reflect on how the body and mind have shifted throughout the class.

TECHNIQUE: SEATED SIDE BEND

Sit tall with both sit bones pressing into the mat. Bend your right leg, placing the foot near the opposite hip.

Then bend your left knee, bringing the left foot to the inside or outside of the right leg.

Lift your right arm and gently arc your spine to the left, creating a C-shape through the side of your body.

Stay grounded and avoid lifting either sit bone.

COACHING INSTRUCTIONS

Keep your Layer 1 cues short and clear to let the music shine.

Use simple language that guides attention to posture, breath, or alignment.

PERFORMANCE – PRESENCE & ESSENCE

As shown in the masterclass, let your voice support the energy of the moment.

Use a soft, calming tone to help your class slow down and settle.

STAR MOVE: SUPINE FIGURE FOUR

This stretch helps release tension around the sciatic nerve.

It also improves hip mobility, eases tightness in the lower back, and deeply stretches the glutes and piriformis muscle.

MEDITATION

Passion Meditation

Let's slow down our bodies and connect with our soul.

Take a position in which you can relax.

Maybe seated cross-legged or half lotus pose.

Maybe laying down on your back or side.

When you are there soften your gaze or gently close your eyes.

Feeling the Earth supporting you.

So you can fully relax. Let go of any control.

Noticing the body is breathing.

Imagine that every breath flows through your heart.

The center where our passion emerges.

Feed it with the breath of life.

Breathe. And let the sounds wash over you.

SILENCE

Slowly bringing some movement back in the body.

Rolling your shoulders, wiggling fingers.

But, keeping your eyes closed for now

Gently rise up into a seated posture.

Placing your hands on your heart.

Feeling it glow with warmth. Feeling it beat.

When you are ready, gently open your eyes.

Thank you for joining us in SPIRIT Release 20.