

SPIRIT Perinatal Choreography Notes

Release 20: Passion

Passion is the spark that fuels your creativity, vitality, and connection to self.

In this class, we'll explore the energy of passion through expansive, expressive movement. You'll be invited to move with freedom and fullness, connecting deeply to each gesture and breath. Together, we'll create a supportive space where passion can be safely and joyfully expressed — leaving you feeling energised, uplifted, and more connected to your purpose.

Mat Setup:

Set up mats either lengthways or widthways, depending on the space available. Arrange your position so you can clearly see your group — and they can easily see you. Face them whenever possible. Using mirroring (moving as their reflection) helps everyone follow you with ease and builds connection across the room.

Props:

Have your blocks, bolster, and a rolled-up mat nearby to support comfort and alignment throughout the session. Encourage participants to use props freely to support their body's unique needs.

Adaptability:

Offer a range of options and progressions for each movement. Empower participants to choose what feels right for them in the moment. This is their body, their journey — and every version of the movement is valid.

MIND • STRENGTH • BODY

Coaching Tips for Supporting Perinatal Participants

1. Prioritise Comfort and Stability

Create an environment that supports comfort and confidence. Offer props such as yoga blocks, bolsters, blankets, and chairs to enhance stability and ease. Encourage participants to adapt movements based on how they feel, especially during later pregnancy and early postpartum stages.

2. Offer Options for All Energy Levels

Perinatal experiences vary widely. Provide movement choices that suit a range of physical needs, mobility levels, and daily energy. Include variations that promote gentle core awareness, joint stability, and rest when needed. Let participants know that slowing down is not only acceptable—it's encouraged.

3. Support Transitions with Care

Invite participants to move mindfully between positions, using breath and props to reduce pressure on joints and maintain balance. Favour grounded postures like seated, side-lying, or supported standing when appropriate.

4. Breathe First, Move Second

Use simple breath cues like “inhale to lengthen, exhale to soften” to guide calm, controlled movement. Support relaxed breathing as a foundation for both physical safety and emotional presence, particularly in late pregnancy or postpartum recovery.

5. Normalise Rest and Self-Pacing

Make it clear that pausing, modifying, or skipping movements is a sign of body awareness—not weakness. This helps reduce pressure to keep up and creates a safe space for participants to honour where they are, especially when managing fatigue, healing, or discomfort.

6. Maintain Flow with Flexibility

While offering a structured class experience, stay responsive to individual needs. Provide accessible alternatives for any movement that may feel unstable or uncomfortable. Use props, wall support, or posture substitutions to ensure all participants can engage at their own pace and comfort level.

MIND • STRENGTH • BODY

Warm Up: Song: Queen of Hearts [04:43]

Focus:

Support safe, flowing movement using the three-part choreographic structure. Prioritise comfort, breath, and stability. Guide smooth transitions and adapt ranges for changing bodies.

Technique Tip:

In the Halo, soften the shoulders and reduce range behind the head, especially in later pregnancy, to avoid joint strain. In the Hip Hinge with Side Bend, hinge from the hips with a long spine and a wider stance to protect the pelvic floor and allow space for the bump. In Backbends, lift through the chest with soft ribs, avoiding abdominal pressure or lower back compression.

Coaching Tip:

Use the three-layer coaching model:

- First third – Layer 1: “What to do” with clear, simple cues.
- Second third – Layer 2: “How to do it well” with alignment and breath focus.
- Final third – Layer 3: “Why it matters” with encouragement and reassurance (e.g., “This helps release tension and build energy safely.”)

Track Time	Lyrics	Choreography	Reps	Counts	X 8
00:00	Intro	Halo Sequence Setup (BLOCKS IN FRONT) Feet step wide. Gently 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> Perinatal Support Tip: Move with controlled weight shifts, keeping the knees soft to avoid strain. Keep movements gentle and within a comfortable range, especially when reaching behind the head. For Goddess Squat, widen your stance as needed for comfort and balance, and use support if helpful.	1	4 4 4 4	4 x 8

00:54		Backbend Sequence Step feet under shoulders, hands on hip. <i>Exhale</i> Roll shoulders back, hands to lower back, baby backbend. <i>Inhale</i> Step feet wide again hands to hips. <i>Exhale</i> Baby back bend, hands to bump. <i>Inhale</i> Perinatal Support Tip: Keep the backbend gentle, supporting the lower back or resting hands on the belly to provide stability and comfort. Softening the knees helps reduce pelvic pressure and maintain balance. Slow, mindful breathing supports relaxation and reduces tension. These adjustments help protect the changing body and ensure safe, comfortable movement throughout pregnancy.	1	32	4 x 8
01:15	I'm the queen	Hip Hinge and Squat with Side Bend Both knees bend, hips pulse. Hands to thighs. <i>Exhale</i> Legs straighten, hands to chest. <i>Inhale</i> Side bend L and rise. <i>Exhale</i> Repeat R Perinatal Support Tip: Move mindfully through the hip hinge and side bend, keeping the knees soft and feet grounded to support pelvic stability. Encourage a smaller range of motion as needed to accommodate belly size and maintain comfort. Coordinating breath with movement helps maintain core engagement and supports balance during the transition.	2	2 2 4 8	4 x 8
01:37	Take 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	1	32	4 x 8
02:11		Backbend Sequence	1	32	4 x 8
02:32	I'm the queen	Hip Hinge and Squat with Side Bend	2	32	4 x 8
02:54	Take you	Arm Combo	1	16	2 x 8

03:04	You and me	Halo Sequence L and R	1	64	8 x 8
03:26		Backbend Sequence	1	32	4 x 8
03:48	I'm the queen	Hip Hinge and Squat with Side Bend	2	32	4 x 8
04:10	Take you	Arm Combo On last 4 counts keep legs straight, turns toes F.	1	16	2 x 8
04:21	Outro	Wide Leg Forward Fold to Stand Wide leg Forward Fold. Torso tips F from hips, hands to thighs, blocks or floor. Exhale/Inhale Slowly stand up with hands on thighs, place one hand on belly and one on heart. Exhale/Inhale Perinatal Support Tip: When folding forward, keep the legs wide and bend the knees slightly to make space for the bump and reduce pressure on the lower back. Rise slowly to standing to support blood pressure regulation and avoid dizziness, using your hands for support and grounding.	1	16 16	4x 8

SPIRIT

MIND • STRENGTH • BODY

Sun Salutations: Song: By my side [04:21]

Focus:

Coach with clarity and calm. Use simple, purposeful language to support focus and reduce overwhelm. Adapt intensity based on stage of pregnancy and individual comfort.

Technique Tip:

In Tabletop with Hip Shift, keep a stable base with hands under shoulders (use blocks if needed) and knees wide for bump space. Shift hips gently, lifting through the pelvic floor and keeping movements small to protect the back and core. Offer Downward Dog as optional or replace with Puppy Pose for greater ease.

Coaching Tip:

Use short, clear cues to support mental clarity and reduce cognitive load (e.g., “Side bend,” “Breathe out,” “Left leg back”). Speak with a steady, reassuring tone and give permission to modify or rest.

Track Time	Lyrics	Choreography	Reps	Counts	X 8
00:00	Intro	Mountain Pose to Extended Mountain Mountain Pose. Feet wider than hips or connect, tall posture. <i>Exhale/Inhale</i> Extended Mountain. Arms lift wide and O/H palms connect. <i>Exhale/Inhale</i> Perinatal Support Tip: Stand with feet wider than hips to support balance and pelvic stability. Lifting arms overhead can stretch the abdominal area—soften the elbows or place hands on shoulders if this feels more comfortable as your body changes.	1	16 16	4 x 8
00:29	It's in your	Sun Salutation L [Low] Forward Fold, hands to blocks. <i>Exhale</i> L leg Lunge B. Knee Down. <i>Inhale</i> Extended Childs Pose. <i>Exhale</i> Hold Extended Childs Pose. Push Hips Back, long spine. <i>Inhale</i> Table Top. <i>Exhale</i> Cow. <i>Inhale</i> Cat. <i>Exhale</i> Neutral Spine, L Leg steps wider than your body. <i>Inhale</i>	1	8 8 8 8 8 8 8 8	12 x 8

		<p>L Leg walks heel toe forward to outside of L Hand. Exhale</p> <p>Lift R Knee, R leg steps forward to low squat, hands to thighs. Inhale</p> <p>Slowly Stand Up. Exhale</p> <p>Extended Mountain Pose, hands to shoulders or above head. Inhale</p> <p>Perinatal Support Tip:</p> <p>Move slowly through transitions to maintain stability, especially when coming up from the floor. Widening your stance in lunges and squats creates more space for your bump and reduces pelvic pressure. Using blocks supports alignment and comfort as your centre of gravity shifts.</p>		8 8 8 8	
01:27	I hear your	Sun Salutation R [Low]	1	96	12 x 8
02:24	I taste the	<p>Sun Salutation L [High]</p> <p>Forward Fold. Exhale</p> <p>L leg Lunge B. Inhale</p> <p>Downdog. Exhale</p> <p>Downdog. Inhale</p> <p>Table Top. Exhale</p> <p>Table Top with Hip Shift L. Shift Hips L, or Cow. Inhale</p> <p>Table Top with Hip Shift. Shift Hips R, or Cat. Exhale</p> <p>Neutral Spine, L Leg steps wider than your body. Inhale</p> <p>L Leg walks forward to outside of L Hand. Exhale</p> <p>Lift R Knee, R leg steps forward to low squat, hands to thighs. Inhale</p> <p>Slowly Stand Up. Exhale</p> <p>Extended Mountain Pose, hands to shoulders or above head. Inhale</p> <p>Perinatal Support Tip:</p> <p>Keep movements fluid and steady, allowing extra time to transition between poses. A wider stance in lunges and squats offers pelvic stability and space for your bump. Use downward dog only if it feels comfortable—tabletop or child's pose can be supportive alternatives. Prioritise breath-led movement to stay connected and supported throughout.</p>	1	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

MIND • STRENGTH • BODY

Standing Strong: Song: Make me feel alive [05:51]

Focus:

Motivate and connect with your group through empowering, supportive coaching. Offer rest and options freely, allowing each participant to move at their own pace and comfort level.

Technique Tip:

In Pyramid Pose, hinge from the hips with a long spine and soften the front knee as needed. Encourage a wider stance for bump space and offer the option to rest hands on the thigh or hold the bump for support. Introduce Revolved Triangle only if appropriate — or modify with open twists and chair-based variations.

Coaching Tip:

Use praise-based Layer 3 coaching to lift energy and confidence. Acknowledge their strength and remind them to honour their changing bodies with kindness. Use tone and presence to create safety during physically or emotionally challenging moments.

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	Thinking that its best	Warrior 1 L Warrior 1, hands to hips. <i>Inhale/Exhale</i> Perinatal Support Tip: Keep hips squared and avoid overextending the lower back. Use hands on hips for balance. Lift the back heel only if comfortable—otherwise, keep it grounded for stability. Modify stance width to ease pelvic pressure.	1	32	4 x 8
00:45	So set me free	Warrior 1 L Hands to bump or to prayer at heart centre. <i>Inhale/Exhale</i>	1	32	4 x 8
01:02	(You make me feel) alive	Pyramid Pose L Hands to Hips, slide the B Leg in slightly. <i>Inhale/Exhale</i> Pull hips back, tip forward and lengthening leg. <i>Inhale/Exhale</i>	1	16 16	8 x 8

		Holding the belly, or thigh with a knee bend, or blocks. Inhale/Exhale Rise up, hands to hips or prayer. Reverse Pyramid, with Baby Backend. Inhale/Exhale Perinatal Support Tip: Keep a slight bend in the front knee to support the hamstrings. Use blocks or rest hands on the thigh or belly for added support. Avoid deep forward folds—focus on lengthening the spine gently. Modify range to stay comfortable as your belly grows.		16 16	
01:36	You make me feel	Reverse Pyramid with Arms Unfolding L Elbows draw down to ribs the arms unfold by sides. Inhale/Exhale Perinatal Support Tip: Keep a soft bend in the front knee for comfort. Allow arms to unfold gently, keeping shoulders relaxed. Focus on lengthening through the spine without compressing the belly. Use props or rest hands if needed to support balance.	1	16	2 x 8
01:44	Is it worth	Warrior 1 R	1	32	4 x 8
02:02	So set me free	Warrior 1 R	1	32	4 x 8
02:19	(You make me feel)	Pyramid Pose L	1	32	4 x 8
02:53	You make me feel	Reverse Pyramid with Arms Unfolding L	1	32	4 x 8
03:10	Fading echoes	High Lunge L Weight transfers to L foot, step R leg back. Hips wide in your stance. Inhale/Exhale Perinatal Support Tip: Keep hips wide for stability and comfort. Focus on grounding through the front foot while keeping the back leg active but relaxed. Use support like a wall or chair if needed to maintain balance. Adjust your stance to suit your comfort and changing body.	1	32	4 x 8
03:28	So set me free	High Lunge L Hands to prayer at heart centre. Inhale/Exhale	1	32	4 x 8
03:45	(You make me feel) alive	Warrior 2 L Turning to the R side, R heel down, hands to hips. Bend into L leg. Inhale/Exhale Reverse Triangle L Straighten L leg, R hand to lower back, L hand to bump or heart. Lean over to your R. Inhale/Exhale	1	32 32	8 x 8

		Perinatal Support Tip: Keep a soft bend in the front knee to ease hip and leg muscles. Maintain a wide stance for balance and comfort. For Reverse Triangle, rest your hand on your belly, thigh, or use a block for support. Focus on lengthening the spine gently, avoiding any strain as you lean.			
04:19	You make me feel	Reverse Triangle L	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	High Lunge R	1	32	4 x 8
05:02	(You make me feel)	Warrior 2 R Reverse Triangle R	1	32	4 x 8
05:36	Outro	Reverse Triangle R	1	32	4 x 8

SPIRIT

MIND • STRENGTH • BODY

Pelvic Floor: Song: Gonna Make It Back To You 04:00

Focus:

Guide the class to engage their pelvic floor safely and effectively, using breath connection to support each movement. Prioritise comfort and control throughout.

Technique Tip:

In Seated Butterfly with Knee Squeeze, sit on a bolster or rolled mat with support blocks as needed. Keep the chest open and spine tall. Exhale to lift and engage the pelvic floor while bringing knees together; inhale to relax and lower. Offer wider knee placement if needed for comfort during pregnancy.

Coaching Tip:

Use the three coaching layers progressively: start with clear, simple cues (Layer 1), add quality and alignment focus (Layer 2), and finish with motivation and reassurance (Layer 3). Emphasise body awareness and offer rest or modifications as pregnancy progresses.

Track Time	Lyrics	Choreography	Reps	Counts	X 8
00:00	Intro	Seated Butterfly Pose Setup Sitting on your mat or bolster, place a block either side of your thighs for support or take them behind your body and place your hands on them. <i>Exhale/Inhale</i> Option: Tabletop Pose with blocks under each hand.	1	32	4 x 8
00:29	Was a bright	Seated Butterfly Pose Pull Pelvic Floor Muscles In and Up. Draw undercarriage back towards your body, pulling from back to front. <i>Exhale</i> Relax. <i>Inhale</i> Perinatal Support Tip: <i>Elevate hips with a cushion or bolster, widen legs for comfort, and engage the pelvic floor gently with breath. Use hand placement for awareness and rest as needed.</i>	4	8 8	4 x 8
01:07	Someday I'm	Seated Butterfly Pose with Knee Squeeze Pull Pelvic Floor Muscles In. Draw undercarriage back towards your body, pulling from back to front. Lift knees together. <i>Exhale</i> Relax. Lower knees back down. <i>Inhale</i>	2	8 8	4 x 8

MIND • STRENGTH • BODY

		Perinatal Support Tip: Use props for pelvic support and widen legs if squeezing knees feels uncomfortable. Engage the pelvic floor gently, syncing breath with movement. Modify or rest as needed.			
01:26	Every road	Seated Butterfly Pose	6	32	12 x 8
02:24	Now the sun	Seated Butterfly Pose	4	32	8 x 8
03:21	Someday I'm	Seated Butterfly Pose with Knee Squeeze	4	32	4 x 8
03:40	Outro	Seated Forward Fold with Knee Bend (Legs Apart) Tip Forward from hips, making room for your baby by taking legs apart, breathing into your back and relaxing everything. Exhale Perinatal Support Tip: Keep legs wide to allow belly space. Fold only as far as comfortable, focusing on breathing into the back and relaxing fully.	1	32	4 x 8

SPIRIT

MIND • STRENGTH • BODY

Stretch: Song: *Keep your love coming*. 05:41

Focus:

Encourage mindful movement with both sit bones grounded, promoting safe spinal mobility and breath connection. Invite reflection on physical and emotional shifts through pregnancy and early recovery.

Technique Tip:

Sit tall on a bolster or rolled mat, keeping sit bones firmly grounded. Bend the right leg with foot flat; extend the left leg slightly for comfort. Use blocks behind the hands for support. Lift the right arm and gently side bend the spine into a smooth C-shape, avoiding any lift in the sit bones to protect pelvic stability.

Coaching Tip:

Deliver clear, simple Layer 1 cues that focus attention on breath, posture, and grounding. Use a calm, soothing tone to encourage relaxation and ease, supporting participants through bodily changes and creating body awareness.

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
00:37	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 Perinatal Support Tip: Encourage controlled weight shifts with soft knees and small, comfortable arm movements. Modify range of motion to avoid overstretching and keep breath steady throughout.	1	4 4 4 4 16	4 x 8
01:04	Rebirth	Backbend Legs lengthen, toes F, hands to hips or lower back, Backbend. <i>Exhale/Inhale</i>	1	16	2 x 8

01:17	So keep your love	Wide Leg Fold Hands to thighs, torso tips F, hands to mat, bow head, lift sit bones. <i>Exhale/Inhale</i> Shifting weight side to side if it feels comfortable or any natural movement to stretch the back of legs. Perinatal Support Tip: Use blocks or keep hands on thighs for support. Avoid holding deep forward folds with the head below the heart for long to prevent dizziness or blood pressure changes. Gently shift weight side to side if comfortable.	1	32	4 x 8
01:46	So keep your love	Transition to Seated. Bend knees, safely come to floor, sit on your rolled mat/bolster, blocks by sides of each hip. <i>Exhale/Inhale</i> Extend legs in front, wider than hips, bend knees. <i>Exhale/Inhale</i>	1	32	32 x 8
02:13	Instrumental interlude	Seated Side Bend and Twist Setup L L leg extends slightly, R knee bends. Hands behind on floor or blocks. <i>Exhale/Inhale</i>	1	16	2 x 8
02:27	Open, fearless	Seated Side Bend and Twist L R arm reaches O/H side bend to L. <i>Exhale/Inhale</i> R hand O/H, twisting body to L, R hand inside R leg, L hand behind on floor or block. <i>Exhale/Inhale</i> Perinatal Support Tip: Keep both sit bones grounded for stability. Move gently within a comfortable range—avoid deep twists, especially in later pregnancy. Use a block for support if needed and focus on steady, easy breathing.	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	½ Forward Fold/Seated Figure Four Setup L ½ Forward Fold: R leg extends, L foot to inside of R leg, hinge hips forward to fold. Seated Figure Four: L ankle to R thigh, bend R leg, draw R foot towards body, hands behind on floor or blocks, lean back and open L knee to deepen stretch. <i>Exhale/Inhale</i>	1	16	2 x 8
03:49	So keep your love coming	Seated Figure Four L L ankle to R thigh, bend R leg, draw R foot towards body, hands behind on floor or blocks, lean back and open L knee to deepen stretch. <i>Exhale/Inhale</i>	1	32	4 x 8

		Perinatal Support Tip: Support your lower back by sitting tall and using props if needed. Keep the bent leg's foot close but avoid pulling too hard. Widen the leg to ease pressure on the hips and belly. Move slowly and avoid deep hip rotations to protect pelvic stability.			
04:16	So keep your love	½ Forward Fold/Seated Figure Four R	1	32	4 x 8
04:44	So keep your love	Seated straddle Legs wide, bend knees, hands behind on floor or blocks, open chest and lift eye gaze. Exhale/Inhale Perinatal Support Tip: Sit tall with support under your hands. Keep knees bent and legs comfortably wide to accommodate your belly. Focus on lifting the chest gently without compressing the abdomen. Use blocks for extra stability if needed.		64	8 x 8

SPIRIT

MIND • STRENGTH • BODY

Passion Meditation (Perinatal Edition)

Take a moment to settle into a position that truly supports your changing body. You might sit upright with your back against a wall, use cushions or a bolster to support your hips and spine, or lie on your side if that feels more comfortable. Adjust as needed to ease pressure from your lower back, pelvis, or belly.

Grow tall in your posture, creating space around your bump or belly so the breath can move freely. If it feels good, gently close your eyes. Let one hand rest on your belly, the other over your heart.

Feel your breath entering your body. Breathe into your belly, letting it expand with ease, creating space and softness. Breathe out slowly, allowing your body to release and relax. Let tension melt from your jaw, your shoulders, your hips. There's nowhere else to be. Just here.

Bring your awareness to the rhythm of your heartbeat beneath your hand. Notice how each breath brings with it a wave of energy and warmth. Let your breath be a gentle reminder of your inner strength and connection.

Each inhale brings calm and focus. Each exhale allows release—of tension, of holding. Let the breath wrap you in a sense of ease and self-compassion.

As you begin to return to your surroundings, introduce gentle movement—maybe through your fingers and toes, or a soft turn of the head. You might like to cross your arms across your chest and gently sway, soothing your lower back and connecting inward.

Place one hand back on your heart, one on your belly. Inhale—drawing in reassurance, love, and gratitude. Exhale—letting go of anything you no longer need.

Bring your palms together in front of your heart. Inhale to honour your body and all it has held, created, or is still creating. Exhale to release what doesn't serve you.

Place your hands where they feel right, and take a moment of quiet appreciation for yourself, just as you are.

MIND • STRENGTH • BODY