



# SPIRIT

MIND • STRENGTH • BODY



21

LIBERATE

INSTRUCTOR CHOREOGRAPHY NOTES

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# RELEASE 21 LIBERATE

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## **Theme & Intention**

Release 21: Liberate invites you to break free from physical limits, mental blocks, and self-doubt. The beautiful, dynamic sequencing gives space for creativity and self-expression, while the stunning soundtrack encourages you (and your group) to let go, embrace joy, and step fully into your power.

## **Mat Setup**

Set up mats vertically OR horizontally - whatever best suits your space. Make sure you can see your group clearly and, more importantly, that they can see you. Aim to face them as much as possible during the class. Use mirroring (moving as their reflection) to keep everyone connected and to help your group follow you with ease and confidence.

## **Adaptability**

Always demonstrate options and progressions that support a range of abilities. Encourage participants to choose what feels best for their body on the day. This empowers them to move with confidence and ownership, whether they are new or experienced movers.

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# FORMATS

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## **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:

# Feeling So Good / 04:19

| Track Time | Lyrics                        | Choreography                                                                                                                                                                                                                                                                                                                                                                    | Reps | Counts                 | X 8   |
|------------|-------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------|------------------------|-------|
| 00:00      | Intro                         | <b>Sweeping Hamstring Stretch Set Up</b><br>Stand centre of mat, feet hip width, arms O/H. <i>Exhale/Inhale</i>                                                                                                                                                                                                                                                                 | 1    | 32                     | 4 x 8 |
| 00:33      | People always say             | <b>Sweeping Hamstring Stretch L and R [Slow]</b><br>L leg steps back. <i>Exhale</i><br>L knee bends, R leg long, hips back. <i>Inhale</i><br>Arms sweep to the outside of the L leg. <i>Exhale</i><br>L foot steps forward under hips, arms O/H. <i>Inhale</i><br>Repeat on the R side.                                                                                         | 2    | 4<br>4<br>4<br>4<br>16 | 8 x 8 |
| 01:18      | You got me feeling like I'm   | <b>Sweeping Hamstring Stretch L and R [Tempo]</b><br>L leg steps back. <i>Exhale</i><br>L knee bends, R leg long, hips move back. <i>Inhale</i><br>Arms sweep to the outside of the L leg. <i>Exhale</i><br>L foot steps forward under hips, arms O/H. <i>Inhale</i><br>Repeat on the R side.                                                                                   | 2    | 2<br>2<br>2<br>2<br>8  | 4 x 8 |
| 01:40      | People always                 | <b>Squat to Tabletop with Spine Roll-Up [Slow]</b><br>Bend knees to squat. Arms wide at shoulder height. <i>Exhale</i><br>Send hips back, chest forward to tabletop. <i>Inhale</i><br>Flex the spine, cross arms, roll up to stand with arms crossing O/H. <i>Exhale</i><br>Stand tall, arms wide at shoulder height. <i>Inhale</i>                                             | 4    | 4<br>4<br>4<br>4       | 8 x 8 |
| 02:25      | You got me feeling like I'm   | <b>Squat to Tabletop with Spine Roll-Up [Tempo]</b><br>Bend knees to squat. Arms wide at shoulder height. <i>Exhale</i><br>Send hips back, chest forward to tabletop. <i>Inhale</i><br>Flex the spine, cross arms, roll up to stand with arms crossing O/H. <i>Exhale</i><br>Stand tall, arms wide at shoulder height. <i>Inhale</i><br>On the last repetition, step feet wide. | 4    | 2<br>2<br>2<br>2       | 4 x 8 |
| 02:49      | People always                 | <b>Side Lunge with Twist L and R [Slow]</b><br>L knee bends. <i>Exhale</i><br>Chest turns to the L. <i>Inhale</i><br>Chest returns to centre. <i>Exhale</i><br>L leg straightens, arms O/H, palms press. <i>Inhale</i><br>Repeat on the R side.                                                                                                                                 | 2    | 4<br>4<br>4<br>4<br>16 | 8 x 8 |
| 03:34      | You got me feeling like I'm I | <b>Side Lunge with Twist L and R [Tempo]</b><br>L knee bends. <i>Exhale</i><br>Chest turns to the L. <i>Inhale</i><br>Chest returns to centre. <i>Exhale</i><br>L leg straightens, arms O/H, palms press. <i>Inhale</i><br>Repeat on the R side.                                                                                                                                | 2    | 2<br>2<br>2<br>2<br>8  | 4 x 8 |
| 03:56      | Outro                         | <b>Side Bend L and R</b><br>Side bend to the L. <i>Exhale</i><br>Return to centre. <i>Inhale</i><br>Side bend to the R. <i>Exhale</i><br>Return to centre. <i>Inhale</i>                                                                                                                                                                                                        | 1    | 12<br>4<br>12<br>4     | 4 x 8 |

# WARM UP: TIPS

## FOCUS

Physically demonstrate the Sweeping Hamstring Stretch and Squat to Tabletop sequence from a side view.

## CHOREOGRAPHY & MUSICALITY

The movements explore the full range of the spine while gently opening the hamstrings and hips.

The structure follows a clear, progressive pattern: slow movements introduce the sequence, followed by an optional increase in tempo during the chorus.

## TECHNIQUE: SWEEPING HAMSTRING STRETCH

Start with arms overhead. Step the R leg back and bend the R knee. Push hips back and hinge from the hips with a long, extended spine.

Sweep arms to the outside of the L leg. Keep hips square and avoid letting one side push out. Then sweep the arms forward and overhead as the R foot steps forward.

## COACHING INSTRUCTIONS

Early in the track, demonstrate the hamstring sweep and squat to tabletop sequence from a side angle. This visual helps participants understand hip hinging and spinal movement.

## PERFORMANCE – PRESENCE & ESSENCE

Match the music's uplifting energy by growing your presence throughout the track. Begin grounded, then expand your movement physically during the chorus.

## STAR MOVE: SIDE LUNGE WITH ROTATION

This move mobilises hips, legs, and spine all at once. It awakens dynamic energy through the torso while encouraging expansion through the heart.

# SUN SALUTATION:

I wanna shine / 05:58

| Track Time | Lyrics             | Choreography                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | Reps | Counts                                                                       | X 8    |
|------------|--------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------|------------------------------------------------------------------------------|--------|
| 00:00      | Intro              | <b>Mountain Pose to Extended Mountain [Back of Mat]</b><br>Stand at back of the mat, feet under hips. Option: stand at front of mat. <i>Inhale/Exhale</i><br>Extended mountain, lift arms wide and O/H, palms together. <i>Inhale/Exhale</i>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | 1    | 16<br>16                                                                     | 4 x 8  |
| 00:31      | Close your eyes    | <b>Sun Salutation</b><br>Extended Mountain. <i>Inhale</i><br>Forward Fold. <i>Exhale</i><br>Walk hands forward to front of mat. Option: walk feet to back of the mat. <i>Inhale</i><br>Plank on knees or Tabletop. <i>Exhale</i><br>Hold Plank or Tabletop. <i>Inhale</i><br>Tricep Lower or Cat. <i>Exhale</i><br>Baby Cobra or Cow. <i>Inhale</i><br>Extended Childs Pose. <i>Exhale</i><br>Hero Pose, kneeling, hands behind hips to mat. <i>Inhale</i><br>Hero to baby backbend. <i>Exhale</i><br>Hero to baby backbend. <i>Inhale</i><br>Tabletop. <i>Exhale</i><br>Downward Dog. <i>Inhale</i><br>Hold Downward Dog. <i>Exhale</i><br>Walk hands to feet. Forward Fold. Option: walk feet forward to hands. <i>Inhale</i><br>Extended Mountain. <i>Exhale</i>                                                                          | 1    | 8<br>8<br>8<br>8<br>8<br>8<br>8<br>8<br>8<br>8<br>8<br>8<br>8<br>8<br>8<br>8 | 16 x 8 |
| 01:48      | I want to try and  | <b>Sun Salutation</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | 1    |                                                                              | 16 x 8 |
| 03:05      | The world it pulls | <b>Sun Salutation [with options]</b><br>Extended Mountain with heel lift. <i>Inhale</i><br>Forward Fold. <i>Exhale</i><br>Walk hands forward to front of mat. Option: walk feet back. <i>Inhale</i><br>Plank on toes, knees, or Tabletop. <i>Exhale</i><br>Hold Plank or Tabletop. <i>Inhale</i><br>Tricep Lower or Cat. <i>Exhale</i><br>Upward Facing Dog, Baby Cobra, or Cow. <i>Inhale</i><br>Extended Childs Pose. <i>Exhale</i><br>Hero Pose, kneeling, hands behind hips to mat. <i>Inhale</i><br>Hands on floor, hips lift, Camel Pose variation. <i>Exhale</i><br>Hold Camel Pose variation. <i>Inhale</i><br>Tabletop. <i>Exhale</i><br>Downward Dog. <i>Inhale</i><br>Hold Downward Dog. <i>Exhale</i><br>Walk hands to feet, Forward Fold. Option: walk feet forward to hands. <i>Inhale</i><br>Extended Mountain. <i>Exhale</i> | 1    | 8<br>8<br>8<br>8<br>8<br>8<br>8<br>8<br>8<br>8<br>8<br>8<br>8<br>8<br>8<br>8 | 16 x 8 |
| 04:21      | I want to try      | <b>Sun Salutation</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | 1    |                                                                              | 16 x 8 |

# SUN SALUTATION: TIPS

## FOCUS

Give your class the option to start at the front of the mat if they prefer not to bear weight through their arms.

## CHOREOGRAPHY & MUSICALITY

The walk-out to plank adds a refreshing twist. Guide your class to find rhythm in the transitions. Offer the hand walk-out as an option and adapt as needed.

## TECHNIQUE: CAMEL POSE VARIATION

Kneel. Place fingertips or palms behind your hips, pressing into the floor. Lift through your chest as your shoulder blades slide back and down. Squeeze your glutes to lift your hips into the backbend.

## COACHING INSTRUCTIONS

From rounds 2–4, try linking Layer One (pose and body direction) with Layer Two (breath cues).

For example:

“Inhale – Plank, shoulders over wrists.”

“Exhale – Tricep lower, halfway or all the way.”

## PERFORMANCE – PRESENCE & ESSENCE

Start with a calm, clear vocal tone. Gradually bring your voice to match the music’s energy as it builds.

## STAR MOVE: PLANK WALK-OUT

Walking out on hands builds upper body strength and core stability. Offer as a strong, empowering option.

# STANDING STRONG:

The Time Is Now / 05:02

| Track Time | Lyrics              | Choreography                                                                                                                                                                                                                           | Reps | Counts   | X 8   |
|------------|---------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------|----------|-------|
| 00:00      | Intro               | <b>Warrior 2 Setup L</b><br>Step feet wide. Bend L knee into Warrior 2. <i>Inhale/Exhale</i><br>Cross arms in front of chest. <i>Inhale/Exhale</i>                                                                                     | 1    | 16<br>16 | 4 x 8 |
| 00:33      | I won't live        | <b>Warrior 2 L - Arms Cross at Chest</b><br>Hold Warrior 2. Cross arms at chest. <i>Inhale/Exhale</i><br>Lift arms to high V on last 4 counts. <i>Inhale/Exhale</i>                                                                    | 1    | 32       | 4 x 8 |
| 00:57      | Won't stop climbing | <b>Warrior 2 L - Arms O/H in High V</b><br>Hold Warrior 2. Lift arms O/H into a high V. <i>Inhale/Exhale</i><br>Lengthen L leg on the last 4 counts. <i>Inhale/Exhale</i>                                                              | 1    | 32       | 4 x 8 |
| 01:21      | My life my rules    | <b>High Lunge L - Arms in High V</b><br>Step into High Lunge. L knee bends, R leg long. Arms lift O/H in a high V. <i>Inhale/Exhale</i><br>On the last 4 counts, bend R knee to 90/90 lunge. Cross arms at chest. <i>Inhale/Exhale</i> | 1    | 32<br>32 | 8 x 8 |
| 01:46      | Get out             | <b>90/90 Lunge L - Arms Cross at Chest</b><br>Hold 90/90 lunge. Cross arms at chest. <i>Inhale/Exhale</i>                                                                                                                              | 1    | 32       | 4 x 8 |
| 02:10      | Muted instrumental  | <b>90/90 Lunge L Pulse - Arms Unfold to Low V</b><br>Pulse in 90/90 lunge. <i>Inhale/Exhale</i><br>Unfold arms slowly to low V. <i>Inhale/Exhale</i>                                                                                   | 1    | 32<br>32 | 8 x 8 |
| 02:34      | Instrumental        | <b>Warrior 2 Setup R</b>                                                                                                                                                                                                               | 1    | 32       | 4 x 8 |
| 02:58      | Oh is it true       | <b>Warrior 2 R - Arms Cross at Chest</b>                                                                                                                                                                                               | 1    | 32       | 4 x 8 |
| 03:21      | I feel it burning   | <b>Warrior 2 R - Arms O/H in High V</b>                                                                                                                                                                                                | 1    | 32       | 4 x 8 |
| 03:46      | My life my rules    | <b>High Lunge R - Arms in High V</b>                                                                                                                                                                                                   | 1    | 64       | 8 x 8 |
| 04:10      | Get out             | <b>90/90 Lunge R - Arms Cross at Chest</b>                                                                                                                                                                                             | 1    | 32       | 4 x 8 |
| 04:33      | Muted instrumental  | <b>90/90 Lunge Pulse R - Arms Unfold to Low V</b>                                                                                                                                                                                      | 1    | 64       | 8 x 8 |

# STANDING STRONG: TIPS

## FOCUS

Guide a smooth transition from open-hip Warrior 2 to closed-hip High Lunge in clear, step-by-step stages.

## CHOREOGRAPHY AND MUSICALITY

Movements are steady and strong. Transitions follow the slow rhythm of the beat and flute.

Pre-cue arm lifts and changes in direction just before the music shifts. This helps participants move with the music and your guidance.

## TECHNIQUE: WARRIOR 2

Stand with feet wide. Front hip rotates outward. Front toes face forward. Back toes point to the long edge of the mat. Bend the front knee. Keep hips and shoulders square to the long edge of the mat. Cross arms in front of the chest.

## COACHING INSTRUCTIONS

Use short, clear instructions when moving from Warrior 2 to High Lunge. Show foot placement clearly. Reset positions with calm, confident movements.

## PERFORMANCE – PRESENCE AND ESSENCE

Move with grounded energy and calm focus. Let your presence feel steady and welcoming.

Use quiet moments in the music, like the flute sections, to create space. Let your movement speak when your voice is silent.

## STAR MOVE: LUNGE PULSE

This move builds strength in the legs. It also creates space through the hips and opens the front of the body.

# BALANCE:

## Lift Me To The Sky / 03:45

| 5. Track Time | Lyrics              | Choreography                                                                                                                                                                                                                                            | Reps | Counts         | X 8   |
|---------------|---------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------|----------------|-------|
| 00:00         | Intro               | <b>Wide Stance Balance Set Up L</b><br>Stand with feet wide. Heels in, toes out. <i>Inhale/Exhale</i>                                                                                                                                                   | 1    | 32             | 4 x 8 |
| 00:26         | Flying car          | <b>Wide Stance Balance L with Side Bends R and L</b><br>Lift heels. Option: keep heels down. Lift arms O/H. Wrists together, fingertips splay. <i>Inhale/Exhale</i><br>Side bend R. <i>Inhale/Exhale</i><br>Side bend L. <i>Inhale/Exhale</i>           | 1    | 32<br>16<br>16 | 8 x 8 |
| 00:59         | You lift me through | <b>Floating Half Moon L</b><br>Shift your weight onto your L leg. Bend your L knee slightly. Lift your R leg. Place your L hand either on your L thigh, just below your shoulder, or on the mat for support. Reach your R arm O/H. <i>Inhale/Exhale</i> | 1    | 32<br>32       | 8 x 8 |
| 01:33         | You lift me through | <b>Floating Half Moon with Optional Quad Stretch L</b><br>R knee bends to quad stretch, R hand holds R Foot or Ankle lift R leg. L hand to mat. Option: stay in Floating Half Moon. <i>Inhale/Exhale</i>                                                | 1    | 32             | 4 x 8 |
| 01:50         | Instrumental        | <b>Mountain Pose Reset</b><br>Feet together. Bend knees, flex spine, roll up to standing arms f then O/H palms F. <i>Inhale/Exhale</i><br>Elbows bend hands press down sides of body to Mountain Pose. <i>Inhale/Exhale</i>                             | 1    | 32             | 4 x 8 |
| 02:06         | Flying past         | <b>Wide Stance Balance R with Side Bends L and R</b>                                                                                                                                                                                                    | 1    | 32<br>16/16    | 8 x 8 |
| 02:40         | You lift me through | <b>Floating Half Moon R</b>                                                                                                                                                                                                                             | 1    | 64             | 8 x 8 |
| 03:13         | You lift me through | <b>Floating Half Moon with Optional Quad Stretch R</b>                                                                                                                                                                                                  | 1    | 32             | 4 x 8 |
| 03:30         | Instrumental        | <b>Mountain Pose</b>                                                                                                                                                                                                                                    | 1    | 32             | 4 x 8 |

# BALANCE: TIPS

## FOCUS

Support participants in choosing a version of Floating Half Moon that feels steady and enjoyable. Invite exploration based on comfort and curiosity, rather than achievement.

## CHOREOGRAPHY AND MUSICALITY

This track flows from grounded side bends with heel lifts into a more lifted, open expression in Floating Half Moon.

Offer a smooth build-up into an optional quad stretch.

Pre-cue changes to match the musical rhythm and help participants move with ease.

## TECHNIQUE: FLOATING HALF MOON WITH OPTIONAL QUAD STRETCH

Start in a wide stance. Shift your weight into the front leg. Soften the front knee. Hinge forward from your hips. Lower hand rests on the thigh, hovers under the shoulder, or touches the mat.

Top arm reaches up. Lift the back foot. Option to lift higher. Keep hips and shoulders open and stacked.

Optional progression: Bend the lifted knee. Reach the top hand back to hold the foot or ankle. Press the foot into your hand to open the chest and front thigh.

## COACHING INSTRUCTIONS

Use Layer 1 cues to guide grounding and balance. Focus on strong standing leg alignment and active engagement through the feet, inner thighs, and hips.

Offer all variations with equal value, encouraging participants to choose the version that feels right for them today.

## PERFORMANCE – PRESENCE AND ESSENCE

Use calm, inclusive language to encourage exploration and play. Create space for participants to focus without pressure.

Let balance be a journey and invite lightness even when the pose feels challenging.

## STAR MOVE: WIDE STANCE HEEL LIFT WITH SIDE BEND

A strong and open shape that builds balance, focus, and side-body length, offering room to explore both grounding and lift.

| Track Time | Lyrics        | Choreography                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | Reps | Counts                                                                  | X 8    |
|------------|---------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------|-------------------------------------------------------------------------|--------|
| 00:00      | Intro         | <b>Extended Mountain Pose Set Up</b><br>Stand at back of mat, feet hip width, hands O/H, palms press. Option: stand at front of mat. <i>Inhale/Exhale</i>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | 1    | 32                                                                      | 4 x 8  |
| 00:29      | Percussion    | <b>Sun Salutation L</b><br>Extended Mountain. Option: lift heels. <i>Inhale</i><br>Forward Fold. <i>Exhale</i><br>Walk hands F to front of mat. Option: walk feet B. <i>Inhale</i><br>Plank on toes, knees, or Tabletop. <i>Exhale</i><br>Lift L leg in 3-legged plank. Option: stay in plank. <i>Inhale</i><br>Tricep Lower or Cat Pose. <i>Exhale</i><br>Upward Facing Dog, Baby Cobra, or Cow Pose. <i>Inhale</i><br>Extended Childs Pose. <i>Exhale</i><br>Kneel in Hero Pose, hands behind hips on mat. <i>Inhale</i><br>Hero Pose with hip lift or small backbend. <i>Exhale</i><br>L arm lifts O/H. L hand presses neck or upper back. Option: hand stays on mat. <i>Inhale</i><br>Hold. <i>Exhale</i><br>Tabletop. <i>Inhale</i><br>Downward Dog. <i>Exhale</i><br>Walk hands to feet into Forward Fold. Option: walk feet F to hands. <i>Inhale</i><br>Mountain Pose, feet hip-width apart, hands on hips. <i>Exhale</i> | 1    | 8<br>8<br>8<br>8<br>8<br>8<br>8<br>8<br>8<br>8<br>8<br>8<br>8<br>8<br>8 | 16 x 8 |
| 01:46      | I'm unleashed | <b>Balance Sequence L</b><br>Figure Four: L ankle crosses R ankle or R thigh. <i>Inhale/Exhale</i><br>R knee bends, hips back. <i>Inhale/Exhale</i><br>L knee lifts to Knee-to-Chest Pose. Option: L toe touches floor. L hand holds thigh, or fingers bind L big toe (Hand to Big Toe Pose). <i>Inhale/Exhale</i><br>L knee stays bent or L leg lengthens. <i>Inhale/Exhale</i><br>L leg moves to L side. Option: L toe touches floor. R hand stays on hip or opens wide by side. <i>Inhale/Exhale</i>                                                                                                                                                                                                                                                                                                                                                                                                                           | 1    | 16<br>16<br><br>16<br>16<br><br>32                                      | 12 x 8 |
| 02:43      | Instrumental  | <b>Extended Mountain Pose Set Up</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | 1    | 32                                                                      | 4 x 8  |
| 03:02      | Percussion    | <b>Sun Salutation R</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | 1    | 128                                                                     | 16 x 8 |
| 04:00      | I'm unleashed | <b>Balance Sequence R</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | 1    | 96                                                                      | 12 x 8 |
| 05:17      | Outro         | <b>Mountain Pose</b><br>Feet hip width, arms reach F then O/H, palms F. <i>Inhale/Exhale</i><br>Elbows bend; hands press down sides of body to Mountain Pose. <i>Inhale/Exhale</i>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | 1    | 32                                                                      | 4 x 8  |

# FLOW: TIPS

## FOCUS

Learn the timing and sequence of this track thoroughly. Confident knowledge of the structure will support clear, relaxed teaching.

## CHOREOGRAPHY AND MUSICALITY

Take time to practise this sequence. Flow contains the most movement content in the SPIRIT track list.

The more familiar you are with the track, the more ease and freedom you'll experience when leading it.

This allows you to focus on your class rather than thinking about what comes next.

## TECHNIQUE: FIGURE FOUR BALANCE

Cross one ankle over the opposite ankle or thigh (just above the knee).

Flex the lifted foot, sit the hips back and bend the standing knee.

Keep the spine long and the chest lifted. Choose the depth and leg placement that feels balanced and supported.

## COACHING INSTRUCTIONS

Use Layer 2 cues to anchor each transition with breath. Cue inhale to rise, and exhale to stabilise.

Keep breath rhythm consistent to support flow, balance, and focus.

## PERFORMANCE – PRESENCE AND ESSENCE

When you know the structure fully, you can shift your focus to connection.

Use names and specific observations to coach each participant directly and meaningfully.

## STAR MOVE: HAND TO BIG TOE POSE

This standing balance builds strength and mobility.

It supports hamstring length and improves control, while encouraging a sense of openness and self-expression.

# POSTERIOR:

Your Strength / 03:51

| Track Time | Lyrics                  | Choreography                                                                                                                                                                                                                                                                                                                                      | Reps | Counts           | X 8   |
|------------|-------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------|------------------|-------|
| 00:00      | Intro                   | <b>Scorpion to Knee to Nose Set Up</b><br>Tabletop, hands under shoulders, knees under hips. <i>Inhale/Exhale</i>                                                                                                                                                                                                                                 | 1    | 32               | 4 x 8 |
| 00:29      | There's something about | <b>Scorpion to Knee to Nose L and R</b><br>L knee lifts to Scorpion, arch your back and lift your chest. <i>Inhale</i><br>L knee comes to nose. <i>Exhale</i><br>L knee lifts to Scorpion, arch your back and lift your chest. <i>Inhale</i><br>L knee moves under L hip. Option: Scorpion to Knee to Elbow. <i>Exhale</i><br>Repeat on R side    | 2    | 4<br>4<br>4<br>4 | 6 x 8 |
| 01:27      | Muted vocal             | <b>Sphinx Pose</b><br>Lie on your front, forearms on the mat, elbows under shoulders, palms down reaching to mat corners. Keep spine long with a gentle backbend. <i>Inhale/Exhale</i><br>Option: deepen backbend by lifting elbows off the mat.<br>Last 8 counts: release and bring forehead to hands.<br>Option: stay in Scorpion Knee to Nose. | 1    | 64               | 8 x 8 |
| 02:05      | There's something about | <b>Prone Leg Abduction and Adduction</b><br>Lie face down, hands under forehead.<br>Lift thighs off mat, open legs wide (abduct). <i>Inhale</i><br>Lift thighs off mat, close legs together (adduct). <i>Exhale</i><br>Option: alternate leg points to diagonal.                                                                                  | 4    | 4<br>4           | 4 x 8 |
| 02:24      | Give a little bit of    | <b>Back Extension with Arm Extension</b><br>Lift chest and extend back. <i>Inhale</i><br>Open arms wide to sides. <i>Exhale</i><br>Stack hands under forehead. <i>Inhale</i><br>Lower chest to mat. <i>Exhale</i><br>Option: alternate arm points to diagonal.                                                                                    | 2    | 4<br>4<br>4<br>4 | 4 x 8 |
| 02:44      | Give a little bit of    | <b>Back Extension with Leg Abduction and Adduction</b><br>Lift chest and legs from mat. <i>Inhale</i><br>Open arms wide and legs apart. <i>Exhale</i><br>Stack hands under forehead. Legs come together. <i>Inhale</i><br>Lower chest and legs to mat. <i>Exhale</i><br>Option: alternate opposite arm and leg pointing to diagonal.              | 2    | 4<br>4<br>4<br>4 | 4 x 8 |
| 03:03      | Muted vocal             | <b>Bow Pose</b><br>Bend L and R legs. Hold inside of ankles with hands. Lift thighs and chest off mat. <i>Inhale/Exhale</i><br>Option: Single Leg Bow<br>Option: Hero Pose with Baby Backbend                                                                                                                                                     | 1    | 64               | 8 x 8 |
| 03:41      | Outro                   | <b>Extended Childs Pose</b><br>Hips to heels, arms reach F, head rests. <i>Exhale/Inhale</i>                                                                                                                                                                                                                                                      | 1    | 16               | 2 x 8 |

# POSTERIOR: TIPS

## FOCUS

Demonstrate Sphinx Pose with clear technique and confident presence.

## CHOREOGRAPHY AND MUSICALITY

This track strengthens the back body and prepares participants for deeper backbends. It also opens the chest and hips. Movements flow with the steady rhythm and energy of the music.

## TECHNIQUE: SPHINX POSE

Lie on your front.

Place forearms on the mat—elbows under shoulders or slightly forward.

Spread your fingers wide, pointing toward the corners of the mat.

Lift the chest. Roll your shoulder blades down and back. Engage your glutes.

Press forearms into the mat and draw them back to support your spine.

Optional: Lift your elbows to deepen the backbend.

## COACHING INSTRUCTIONS

In backbends like Sphinx and Bow, cue active glute engagement.

Use clear, direct body alignment cues to maintain length through the front of the body.

## PERFORMANCE – PRESENCE AND ESSENCE

Make eye contact where possible. Use a calm, confident voice.

Guide your participants with presence so they feel seen and clearly supported.

## STAR MOVE: BOW POSE

This pose strengthens the glutes and back while opening the chest, shoulders, and hips.

Direct participants to move with stability and energy.

# CORE:

# I can Brighten You / 03:26

| Track Time | Lyrics                | Choreography                                                                                                                                                                                                                                                                                       | Reps | Counts           | X 8   |
|------------|-----------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------|------------------|-------|
| 00:00      | Intro                 | <b>Bear Pose Setup</b><br>Hands under shoulders, knees under hips or slightly wider. Tuck toes. <i>Exhale/Inhale</i>                                                                                                                                                                               | 1    | 32               | 4 x 8 |
| 00:26      | Trumpets instrumental | <b>Bear Pose Knee Lift and Lower L</b><br>Lift both knees. <i>Exhale</i><br>Lower both knees. <i>Inhale</i><br>On last rep, keep knees lifted or lower them                                                                                                                                        | 4    | 4<br>4           | 4 x 8 |
| 00:43      | Let it show           | <b>Bear Pose Alternating Shoulder Tap</b><br>R hand taps L shoulder. <i>Exhale</i><br>R hand returns to mat. <i>Inhale</i><br>L hand taps R shoulder. <i>Exhale</i><br>L hand returns to mat. <i>Inhale</i>                                                                                        | 2    | 4<br>4<br>4<br>4 | 4 x 8 |
| 00:59      | Feel the spark        | <b>Downward Dog to Bear Pose</b><br>Downward Dog. <i>Exhale</i><br>Bear Pose. <i>Inhale</i><br>Option: Knees on mat or Extended Childs Pose instead of Downward Dog                                                                                                                                | 2    | 8<br>8           | 4 x 8 |
| 01:15      | I can Brighten you    | <b>Shoulder Tap to Downward Dog Combo</b><br>R hand to L shoulder, then R hand to mat. <i>Exhale</i><br>L hand to R shoulder, then L hand to mat. <i>Inhale</i><br>Downward Dog. <i>Exhale</i><br>Bear Pose. <i>Inhale</i><br>Option: Knees on mat or Extended Childs Pose instead of Downward Dog | 4    | 4<br>4<br>4<br>4 | 8 x 8 |
| 01:49      | Instrumental          | <b>Reverse Crunch Set Up</b><br>Lie on back, arms by sides on mat. Knees over hips, shins parallel to ceiling.<br>Option: Support chest on forearms, knees bent. <i>Exhale/Inhale</i>                                                                                                              | 1    | 32               | 4 x 8 |
| 02:06      | Catch the shine       | <b>Reverse Crunch</b><br>Lift tailbone off mat, curling lower and mid spine. <i>Exhale</i><br>Lower tailbone to mat, extending lower and mid spine. <i>Inhale</i><br>Option: Support chest on forearms, lift knees alternately                                                                     | 4    | 4<br>4           | 4 x 8 |
| 02:22      | Feel the spark        | <b>Snow Angel</b><br>Crunch up. Arms open wide to high V. Legs extend low V. <i>Exhale</i><br>Lower chest and arms. Bend knees, bring over hips. <i>Inhale</i><br>Option: Support chest on forearms. Open and close knees like Butterfly                                                           | 2    | 8<br>8           | 4 x 8 |
| 02:39      | I can Brighten you    | <b>Reverse Crunch Snow Angel Combo</b><br>2 x Reverse Crunch. <i>Exhale/Inhale</i><br>1 x Snow Angel. <i>Exhale/Inhale</i><br>Option: Support chest on forearms, 2 x alternating knee lifts, 1 x Butterfly knee open and close                                                                     | 4    | 8<br>8           | 8 x 8 |
| 03:13      | Outro                 | <b>Stretch Out</b>                                                                                                                                                                                                                                                                                 | 1    | 32               | 4 x 8 |

# CORE: TIPS

## FOCUS

Use Layer 3 cues to reinforce confidence through direct encouragement and specific feedback.

## CHOREOGRAPHY AND MUSICALITY

This track is divided into two sections.

Each section builds progressively with layered movement combinations. The tempo increases in each chorus, inviting energy, coordination, and play. Let the music support clear timing and momentum.

## TECHNIQUE: BEAR POSE AND SHOULDER TAPS

- Engage deep core muscles
- Widen knees and feet for a stable base
  - Keep hips steady
  - Shins stay parallel to the mat
- Maintain a long, neutral spine

## COACHING INSTRUCTIONS

Use Layer 3 motivational cues to highlight effort and form.

Give direct, specific praise:

- “Strong core control in your taps”
- “Steady and balanced movement”

Reinforce consistency and clarity to build participant confidence.

## PERFORMANCE – PRESENCE AND ESSENCE

Bring clear, upbeat energy. Stay connected to the rhythm and the room.

Make eye contact, smile, and stay engaged without losing focus on form and direction.

Keep coaching precise—even when the mood is light.

## STAR MOVE: SNOW ANGEL

This variation targets core control and coordination.

Opening the arms and legs while maintaining core engagement builds strength and body awareness.

The movement is challenging, functional, and energising.

# HIPS:

## Living In The Moment / 03:55

| Track Time | Lyrics             | Choreography                                                                                                                                                                                                                                                                                                        | Reps | Counts | X 8   |
|------------|--------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------|--------|-------|
| 00:00      | Intro              | <b>Kneeling Extended Warrior Setup L</b><br>L foot forward, L knee bends. R knee and shin on mat behind.<br>L forearm rests on thigh or L hand inside L leg on mat. <i>Inhale/Exhale</i><br>Option: Bent knee straddle                                                                                              | 1    | 32     | 4 x 8 |
| 00:32      | Thinking about     | <b>Kneeling Extended Warrior L</b><br>R arm reaches O/H. <i>Inhale/Exhale</i><br>Option: Bent knee straddle — L hand reaches L ankle, R arm reaches up on diagonal                                                                                                                                                  | 1    | 32     | 4 x 8 |
| 00:54      | Ooooo ooooo        | <b>Kneeling Extended Warrior with Optional Bind L</b><br>L shoulder under L thigh. L hand reaches under thigh to lower back.<br>R arm reaches behind back. L and R hands join. <i>Inhale/Exhale</i><br>Option: Skip the bind.<br>Option: Bent knee straddle — L hand reaches L ankle, R arm reaches up on diagonal. | 1    | 32     | 4 x 8 |
| 01:17      | Instrumental       | <b>Kneeling Hamstring and Adductor Stretch L</b><br>Hips back over R knee, lengthen L leg. Release or keep bind. <i>Inhale/Exhale</i><br>Option: Bent knee straddle, straighten L leg, L hand reaches L ankle, R arm reaches up diagonal.                                                                           | 1    | 32     | 4 x 8 |
| 01:39      | Piano instrumental | <b>Gate Pose R</b><br>Lift chest, lean torso to R. Place R hand outside R knee on mat under shoulder. Reach L arm O/H, hand to back of neck. <i>Inhale/Exhale</i><br>Option: Bent knee straddle, straighten L leg, place R hand behind R hip, side bend to R, L arm O/H, hand to back of neck.                      | 1    | 32     | 4 x 8 |
| 02:02      | Muted Instrumental | <b>Kneeling Extended Warrior Set Up R</b>                                                                                                                                                                                                                                                                           | 1    | 32     | 4 x 8 |
| 02:25      | Dance underneath   | <b>Kneeling Extended Warrior R</b>                                                                                                                                                                                                                                                                                  | 1    | 32     | 4 x 8 |
| 02:48      | Ooo oooo           | <b>Kneeling Extended Warrior with Optional Bind R</b>                                                                                                                                                                                                                                                               | 1    | 32     | 4 x 8 |
| 03:10      | Instrumental       | <b>Kneeling Hamstring and Adductor Stretch R</b>                                                                                                                                                                                                                                                                    | 1    | 32     | 4 x 8 |
| 03:33      | Piano Instrumental | <b>Gate Pose L</b>                                                                                                                                                                                                                                                                                                  | 1    | 32     | 4 x 8 |

# HIPS: TIPS

## FOCUS

Choose to teach the kneeling or seated choreography based on what will best support your participants' needs and preferences.

## CHOREOGRAPHY AND MUSICALITY

This sequence is taught entirely kneeling, with a fully seated alternative available.

Movements include:

- Kneeling Warrior II with optional bind
- Hamstring and adductor stretch
- Heart-opening Gate Pose

The music has a steady, calming rhythm that supports mindful pacing and full range of motion.

## TECHNIQUE: OPEN-HIP HAMSTRING STRETCH

Lengthen the front leg and send the hips back. Keep hips and shoulders open and square to the long edge of the mat to support the inner thigh stretch.

Lower hand can rest on the mat under the shoulder. Top hand reaches overhead or maintains the bind, if chosen.

Keep the movement slow and stable.

## COACHING INSTRUCTIONS

Guide participants to follow a steady breath rhythm.

Use breath cues to support the stretch:

- Inhale to lengthen
- Exhale to release

Encourage a gentle, responsive approach—allowing the shape to develop over time, without pressure.

## PERFORMANCE – PRESENCE AND ESSENCE

Use fewer verbal cues to create space for internal focus. Let your silence help participants stay fully present in the stretch and connected to how their body feels.

## STAR MOVE: KNEELING EXTENDED WARRIOR II WITH OPTIONAL BIND

This shape supports hip and shoulder mobility. It combines stability and flexibility while encouraging body awareness.

Both the bind and non-bind versions are equally effective and valid.

# SPIRALS:

# I'm Unshackled / 04:32

| Track Time | Lyrics                | Choreography                                                                                                                                                                                                                                           | Reps | Counts        | X 8   |
|------------|-----------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------|---------------|-------|
| 00:00      | Intro                 | <b>Tabletop</b><br>Hands under shoulders, knees under hips. <i>Inhale/Exhale</i>                                                                                                                                                                       | 1    | 32            | 4 x 8 |
| 00:33      | I've got the strength | <b>Tabletop Leg Extended with Twist R</b><br>L leg extends behind or across to R. R fingertips tent, turn chest to R. <i>Inhale/Exhale</i><br>Lift R arm O/H. <i>Inhale/Exhale</i>                                                                     | 1    | 16<br>16      | 4 x 8 |
| 00:58      | Took the chains       | <b>Gate Pose Twist L</b><br>L leg to L side. L fingertips tent, turn chest to L. <i>Inhale/Exhale</i><br>Lift L arm O/H. <i>Inhale/Exhale</i>                                                                                                          | 1    | 16<br>16      | 4 x 8 |
| 01:22      | I'm unshackled        | <b>Thread Needle R</b><br>Hands under shoulders, knees under hips. <i>Inhale</i><br>L arm threads under R arm. L shoulder and ear rest on mat. <i>Exhale</i><br>R arm reaches. Option: L hand to temple, gently twist chest to L. <i>Inhale/Exhale</i> | 1    | 8<br>24<br>32 | 8 x 8 |
| 02:09      | Instrumental          | <b>Tabletop</b><br>Hands under shoulders. Knees under hips. <i>Inhale/Exhale</i>                                                                                                                                                                       | 1    | 32            | 4 x 8 |
| 02:33      | I used to             | <b>Tabletop Leg Extended with Twist L</b>                                                                                                                                                                                                              | 1    | 32            | 4 x 8 |
| 02:58      | Took the chains       | <b>Gate Pose Twist R</b>                                                                                                                                                                                                                               | 1    | 32            | 4 x 8 |
| 03:21      | I'm unshackled        | <b>Thread Needle L</b>                                                                                                                                                                                                                                 | 1    | 64            | 8 x 8 |
| 04:09      | Outro                 | <b>Tabletop</b><br>Hands under shoulders, knees under hips. <i>Inhale/Exhale</i><br><b>Extended Childs Pose</b><br>Hips to heels, arms reach forward, forehead to mat. <i>Inhale/Exhale</i>                                                            | 1    | 16<br>16      | 4 x 8 |

# SPIRALS: TIPS

## FOCUS

Keep your coaching simple and clear, making space for directional cues and the music to flow naturally.

## CHOREOGRAPHY & MUSICALITY

This release offers fresh variations on twists and encourages intuitive spinal movement during transitions.

## TECHNIQUE: THREAD THE NEEDLE

From Tabletop, slide the R arm under the L.  
Rest your R shoulder, ear, and arm on the floor.  
Bend the L arm to support your body.  
Turn your chest to the L side.  
Keep hips above knees and level.  
Optional: lift the L arm overhead or behind you to deepen the twist and stretch the chest.

## COACHING INSTRUCTIONS

Use focused, clear Layer 1 cues for body alignment.  
Keep your instructions simple and uncluttered.

## PERFORMANCE – PRESENCE & ESSENCE

The music creates a deep, introspective mood.  
Use planned silences to let the music take centre stage and support your coaching.

## STAR MOVE: EXTENDED LEG TWIST FROM TABLETOP

This stretch targets the IT band, lats, and spine.  
Focus on mindful alignment to get the most benefit.

# STRETCH:

Flying High / 05:19

| Track Time | Lyrics            | Choreography                                                                                                                                                                                               | Reps | Counts   | X 8   |
|------------|-------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------|----------|-------|
| 00:00      | Intro             | <b>Extended Childs Pose</b><br>Kneel. Hips to heels, arms reach forward, hands on mat. <i>Inhale/Exhale</i>                                                                                                | 1    | 32       | 4 x 8 |
| 00:37      | Where I'm heading | <b>90/90 or Pigeon L</b><br>L knee F, bent. R leg B, bent or straight. <i>Inhale/Exhale</i>                                                                                                                | 1    | 32       | 4 x 8 |
| 01:04      | No more fear      | <b>90/90 or Pigeon Quad Stretch or Mermaid L</b><br>L knee bends. L hand or elbow holds L ankle. <i>Inhale/Exhale</i><br>Mermaid option: R arm reaches O/H, R fingers hold L fingers. <i>Inhale/Exhale</i> | 1    | 16<br>16 | 4 x 8 |
| 01:31      | The wind beneath  | <b>90/90 or Pigeon R</b>                                                                                                                                                                                   | 1    | 32       | 4 x 8 |
| 01:58      | Flying high       | <b>90/90 or Pigeon Quad Stretch or Mermaid R</b>                                                                                                                                                           | 1    | 32       | 4 x 8 |
| 02:30      | Violin            | <b>Modified Reverse Plank</b><br>Sit on sit bones. Legs F, hip width apart, knees bent, feet on mat. Hands behind hips on mat. Lift chest, extend back. Option: Lift hips up. <i>Inhale/Exhale</i>         | 1    | 16<br>16 | 4 x 8 |
| 02:58      | No more waiting   | <b>Forward Fold</b><br>Legs lengthened F. Tip torso forward from hips over legs. Option: Straddle legs wide. <i>Inhale/Exhale</i>                                                                          | 1    | 32       | 4 x 8 |
| 03:25      | Every step now    | <b>Supine Twist Transition L</b><br>Lie on back. Bend knees and lower them to L side. Option: Straddle twist to L side. <i>Inhale/Exhale</i>                                                               | 1    | 32       | 4 x 8 |
| 03:52      | The wind beneath  | <b>Supine Twist L</b>                                                                                                                                                                                      | 1    | 32       | 4 x 8 |
| 04:19      | Flying high       | <b>Supine Twist R</b>                                                                                                                                                                                      | 1    | 32       | 4 x 8 |
| 04:47      | Outro             | <b>Full Body Stretch</b>                                                                                                                                                                                   | 1    | 32       | 4 x 8 |

# STRETCH: TIPS

## FOCUS

Guide your class to use breath to release tension in the body. Encourage calm, steady movement rather than physical effort.

## CHOREOGRAPHY & MUSICALITY

This track includes slow, focused stretches for the hamstrings, hips, spine, and quadriceps.

The music is calm and reflective, with a gentle violin and relaxed tempo that supports stillness and focus.

Technique: Modified Reverse Plank

- Sit with legs in front, hip-width apart
  - Knees bent, feet on the mat
- Hands behind hips, fingertips point out to sides
  - Press shoulders down and lift the chest
    - Gaze forward
- Option: Squeeze glutes and lift hips

## COACHING INSTRUCTIONS

Use clear Layer 2 breath cues to anchor each stretch.

Encourage participants to focus on steady breathing and releasing unnecessary tension in the muscles.

## PERFORMANCE – PRESENCE & ESSENCE

Use a calm and steady tone of voice.

Give clear instructions and allow moments of silence for your group to focus on how the body feels in each pose.

## STAR MOVE: MERMAID POSE WITH OPTIONAL OVERHEAD BIND

This seated stretch combines a hip opener and shoulder mobility. It creates space through the front of the body and encourages focus and control during the final moments of class.

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# MEDITATION

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## **Liberate Meditation**

*Please find a comfortable position.  
You can sit or lie down—whatever feels right for you. Let your hands rest  
gently, and when you're ready, softly close your eyes.*

Take a **moment to arrive** in this space.  
Feel the support beneath you—the mat, the floor, the earth.  
There is nowhere else to be right now.  
Nothing else to do.  
This moment is yours.

Now **gently bring your attention** to your breath.  
No need to change it—just notice it.  
Feel the air as it enters your nose...  
and leaves your body again.

With every exhale, allow yourself to soften.  
**Relax your shoulders...**your jaw...your arms and legs...  
your belly, your back...  
Let this be a moment to begin to liberate yourself—  
from tension, from thought, from pressure.

And now, I invite you to bring to mind the word: **freedom**.  
What does freedom mean to you?  
It might be **a place... a feeling... a moment...**  
It could be **lightness... space... choice...**

Take a few breaths with that word in your heart: **freedom**.

Slowly come back.  
Feel the ground beneath you again.  
Gently move your fingers and toes  
If you lie, come in a seated position  
bringing with you whatever sense of freedom you've found.

You can return to this place within you at any time.

Thank you for taking this moment—for yourself.