



SPIRIT

MIND • STRENGTH • BODY



21

LIBERATE

SPIRIT Perinatal Choreography Notes

RELEASE 21

LIBERATE

Release 21 Liberate focuses on breaking free from physical and mental limitations through beautiful, challenging and creative sequencing that leaves room for self-expression. The stunning music encourages you to let go of fear or doubt, to embrace your changing body and be free to make any choices along the way.

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.

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.

WARM UP:

Feeling So Good / 04:19

Track Time	Lyrics	Choreography	Reps	Counts	X 8
00:00	Intro	Sweeping Hamstring Stretch Set Up Stand centre of mat, feet hip width or slightly wider. <i>Exhale/Inhale</i>	1	32	4 x 8
00:33	People always say	Sweeping Hamstring Stretch L and R L leg steps B. <i>Exhale</i> L knee bends, R leg long, hips B. <i>Inhale</i> Both arms sweep B. <i>Exhale</i> (Perinatal Option: No arms) L foot steps F under hips (or slightly wider), arms sweep F to O/H. <i>Inhale</i> Repeat R Perinatal Support Tip: Moving with your ever-changing body here and being free to move at your own pace if necessary. Hands might want to come to hips or bump to help support you and your baby as you hinge from hips into the hamstring stretch. Be mindful of the changes in balance you may experience as your pregnancy progresses and embrace where your body is at from one day to the next.	2	4 4 4 4 16	8 x 8
01:18	You got me feeling like I'm	Sweeping Hamstring Stretch L and R Tempo L leg steps B. <i>Exhale</i> L knee bends R leg long, hips B. <i>Inhale</i> L foot steps F under hips (or slightly wider), arms sweep F to O/H. <i>Inhale</i> Repeat R	4	2 2 2 2 8	4 x 8
01:40	People always	Squat to Tabletop with Spine Roll Up Bend knees to squat. Arms wide at shoulder height. <i>Exhale</i> Hips back, chest F to Tabletop. <i>Inhale</i> Flex spine, cross arms, roll up to stand arms crossing O/H. <i>Exhale</i> (Perinatal Option: hands on hips) Stand all, arms wide at shoulder height. <i>Inhale</i> Perinatal Support Tip: Hands to hips or bump to help support your lower back when hinging forward to tabletop and option to keep your hands supporting your body as you move here. Taking feet wider than hips and bending knees as much as you need to support your body and baby.	4	4 4 4 4 16	8 x 8
02:25	You got me feeling like I'm	Squat to Tabletop with Spine Roll Up Tempo Bend knees to squat. Arms wide at shoulder height. <i>Exhale</i> Hips back, chest F to Tabletop. <i>Inhale</i> Flex spine, cross arms, roll up to stand arms crossing O/H. <i>Exhale</i> (Perinatal Option: hands on hips) Stand all, arms wide at shoulder height. <i>Inhale</i> Last rep step feet wide.	8	2 2 2 2 8	4 x 8
02:49	People always	Side Lunge with Twist L and R L knee bends. <i>Exhale</i> Chest turns L. <i>Inhale</i> Chest returns to centre. <i>Exhale</i> L leg straightens, arms wide palm press. <i>Inhale</i> Repeat R (Perinatal Option: Hands to hips) Perinatal Support Tip: Take a wider stance to support your hips and lower back, stabilising your pelvis. Bending into your knee as much as you need and turning your body just enough to feel the release it brings. Small movements are all that are needed here and you should feel comfortable throughout. Supporting your baby by placing your hands on your bump or maybe even to your hips if need be.	2	4 4 4 4 16	8 8
03:34	You got me feeling like I'm	Side Lunge with Twist L and R Tempo L knee bends. <i>Exhale</i> Chest turns L. <i>Inhale</i> Chest returns to centre. <i>Exhale</i> L leg straightens, arms wide palm press. <i>Inhale</i> Repeat R (Perinatal Option: Hands to hips)	4	2 2 2 2 8	4 x 8
03:56	Outro	Side Bend L and R Side bend L. <i>Exhale</i> Rise Up. <i>Inhale</i> Side bend R. <i>Exhale</i> Rise Up. <i>Inhale</i> (Perinatal Option: Hold belly/bump or reach arm O/H on side bend)	1	12 4 12 4	4 x 8

WARM UP: TIPS

FOCUS:

To invite warmth into our bodies through a sequence of moves and postures, taking options whenever needed and finding freedom to move within each pose.

TECHNIQUE TIP:

During the Squat to Tabletop with Spine Roll Up bend knees to support lower back, hinging slowly from hips and keeping support through your pelvis by taking hands to hips or your bump. Engaging through the pelvic floor to help maintain the stability through your core and pelvis.

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.”)

SUN SALUTATION:

I wanna shine / 05:58

Track Time	Lyrics	Choreography	Reps	Counts	X 8
00:00	Intro	Mountain Pose to Extended Mountain Mountain Pose. Feet wider than hips. <i>Inhale/Exhale</i> Extended Mountain. Arms lift wide and O/H palms connect. (Perinatal Option: Hands on shoulders) Perinatal Support Tip: Taking a wider stance with your feet and being aware of the shift in your balance as your baby grows. Hands may come to hips or shoulders instead of overhead to reduce stress on your neck and upper back.	1	16 16	4 x 8
00:31	Close your eyes	Sun Salutation [Low] Extended Mountain. <i>Inhale</i> Forward Fold. <i>Exhale</i> Step Back to Table Top. <i>Inhale</i> Table Top. <i>Exhale</i> Table Top. <i>Inhale</i> Cat. <i>Exhale</i> Cow. <i>Inhale</i> Extended Childs Pose. <i>Exhale</i> Hero Pose kneeling. Hands behind on hips, floor or blocks. <i>Inhale</i> Hero with baby backbend. <i>Exhale</i> Hero with baby backbend. <i>Inhale</i> Table Top. <i>Exhale</i> Downward Dog. <i>Inhale</i> (Perinatal Option: Table Top) Downward Dog. <i>Exhale</i> (Perinatal Option: Table Top) Walk feet F to outside of hands. Forward Fold (wide). <i>Inhale</i> Extended Mountain. <i>Exhale</i> Perinatal Support Tip: Moving slowly through each pose to maintain stability and coming up from the floor with care. Using any props for your hands or knees wherever possible to help alleviate pressure from your joints as your change in gravity shifts throughout pregnancy.	1	8 8 8 8 8 8 8 8 8 8 8 8 8 8 8	16 x 8
01:48	I want to try and	Sun Salutation [Low]	1		16 x 8
03:05	The world it pulls	Sun Salutation Extended Mountain. <i>Inhale</i> Forward Fold. <i>Exhale</i> Step Back to Table Top. <i>Inhale</i> Table Top. <i>Exhale</i> (Perinatal Option: making any natural movement in hips) Table Top. <i>Inhale</i> (Perinatal Option: making any natural movement in hips) Cat. <i>Exhale</i> Cow. <i>Inhale</i> Extended Childs Pose. <i>Exhale</i> Hero Pose kneeling. Hands behind on hips, floor or blocks. <i>Inhale</i> Hero with hip lift and backbend. <i>Exhale</i> (Perinatal Option: Hero kneeling and baby backbend) Hero with hip lift and backbend. <i>Inhale</i> (Perinatal Option: Hero kneeling and baby backbend) Table Top. <i>Exhale</i> Downward Dog. <i>Inhale</i> (Perinatal Option: Table Top) Downward Dog. <i>Exhale</i> (Perinatal Option: Table Top) Walk feet F to outside of hands. Forward Fold (wide). <i>Inhale</i> Extended Mountain. <i>Exhale</i> Perinatal Support Tip: Choosing options that feel right for your body in this moment in time and transitioning slowly between the poses to ensure stability throughout. Focusing on your breath as much as you can and finding connection with your body and baby as you breathe.	1	8 8 8 8 8 8 8 8 8 8 8 8 8 8 8	16 x 8
04:21	I want to try	Sun Salutation Finish with one hand to heart and one hand to belly/bump. <i>Inhale/Exhale</i>	1		16 x 8

SUN SALUTATION: TIPS

FOCUS:

To keep your coaching clear 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 any natural movement in the hips, 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 hips. Offer Downward Dog as an option or replace with Puppy Pose for greater ease.

COACHING TIP:

Use short, clear cues to support mental clarity and reduce cognitive load (e.g., "Mountain Pose," "Breathe out," "Tabletop"). Speak with a steady, reassuring tone and give permission to modify or rest.

STANDING STRONG:

The Time Is Now / 05:02

Track Time	Lyrics	Choreography	Reps	Counts	X 8
00:00	Intro	Warrior 2 Set Up L Feet wide Warrior 2, L knee bends. <i>Inhale/Exhale</i> Hands to hips. <i>Inhale/Exhale</i> (Perinatal Option: arms cross in front of chest)	1	32	4 x 8
00:33	I won't live	Warrior 2 Arms Cross at Chest L Warrior 2, arms cross at chest. <i>Inhale/Exhale</i> Arms lift to high V on last 4 counts. <i>Exhale</i> Perinatal Support Tip: Taking a softer knee bend to support your change in gravity as your pregnancy progresses, making small adjustments with your hips as your bump grows. Hands may come to your hips or bump for support whenever you need. Being mindful of what feels good for your body and appreciating the hard work it is already doing through growing new life.	1	32	4 x 8
00:57	Won't stop climbing	Warrior 2 Arms O/H in High V L Warrior 2, arms O/H in High V. <i>Inhale/Exhale</i> L leg lengthens on last 4 counts. <i>Inhale/Exhale</i> (Perinatal Option: Baby Triangle, hands to thigh) Perinatal Support Tip: Moving slowly through transitions to maintain support and stability in your body, moving carefully as your change in gravity shifts and taking options any time you need. Hands may remain on hips or bump if the option to lift overhead feels unstable.	1	32	4 x 8
01:21	My life my rules	High Lunge with arms in High V L High lunge, L knee bends, R leg long, arms O/H in high V. <i>Inhale/Exhale</i> (Perinatal Option: hands to hips) R knee bends to 90/90 lunge and arm cross at chest on last 4 counts. <i>Inhale/Exhale</i> (Perinatal Option: shuffle front foot wider) Perinatal Support Tip: Taking feet slightly wider than hips if needed, making space for your baby and ever-changing body. Hands may come to hips to stabilise your pelvis and a softer knee bend if necessary. Being mindful of the gravity shift your body will experience throughout your pregnancy, so making minor adjustments when needed.	1	32 32	8 x 8
01:46	Get out	90/90 Lunge Arms Cross at Chest L Hold 90/9 lunge with arms crossed at chest. <i>Inhale/Exhale</i>	1	32	4 x 8
02:10	Muted instrumental	90/90 Lunge Pulse Arms unfold to Low V L Pulse 90/90 lunge. <i>Inhale/Exhale</i> (Perinatal Option: slow movement and work at own pace) Arms unfold slowly to low V. <i>Inhale/Exhale</i> Perinatal Support Tip: Reducing the range of movement whenever needed to maintain stability through the pelvis, bringing hands to hips or bump for support. Being mindful of the gravity shifts in your body from one trimester to the next and adapting to those changes as our baby grows. Being free to work at your own pace and take a rest whenever you need it.	1	32 32	8 x 8
02:34	Instrumental	Warrior 2 Set Up R	1	32	4 x 8
02:58	Oh is it true	Warrior 2 Arms Cross at Chest R	1	32	4 x 8
03:21	I feel it burning	Warrior 2 Arms O/H in High V R	1	32	4 x 8
03:46	My life my rules	High Lunge with arms in High V R	1	64	8 x 8
04:10	Get out	90/90 Lunge Arms Cross at Chest R	1	32	4 x 8
04:33	Muted instrumental	90/90 Lunge Pulse Arms unfold to Low V R	1	64	8 x 8

STANDING STRONG: TIPS

FOCUS:

Through motivation and positive connection with your group, empower them to take control of their bodies and be free to take options or rest whenever needed.

TECHNIQUE TIP:

With Warrior 2 Arms O/H in High V pose, step feet as wide as feels comfortable. Leave space for you and your baby to breathe freely. A softer knee bend is an option here, with either hands to hips or bump for support.

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.

PELVIC FLOOR:

Your Strength / 03:51

Track Time	Lyrics	Choreography	Reps	Counts	X 8
00:00	Intro	Tabletop with Leg Extension Set up L Wide knees, hands under shoulders (on mat or blocks), L leg extends out to side of body, foot to floor and hips push back. <i>Inhale/Exhale</i> (Perinatal Option: Childs Pose instead of Tabletop with Leg Extension)	1	32	4 x 8
00:29	There's something about	Tabletop with Leg Extension L Draw in through pelvic floor. <i>Inhale. Relax. Exhale</i> Moving back and forth with hips. <i>Inhale/exhale</i> Perinatal Support Tip: Without pulling in through your belly, slowly draw your pelvic floor up and in as you inhale and push hips back. Exhale and bring your hips forward, relaxing your belly. Working with your body as you breathe and finding the connection between both body and breath. Opening up space for your baby and prioritising comfort always. Using any props that may assist in making you comfortable.	1 6	32 96	16 x 8
01:47	Muted vocal	Recovery Sit back onto heels, release hands from floor, roll wrists to ease away tension. Transition to R side.	1	32	4 x 8
02:05	There's something about	Tabletop with Leg Extension R Draw in through pelvic floor. <i>Inhale. Relax. Exhale</i> Moving back and forth with hips. <i>Inhale/exhale</i>	1 6	32 96	16 x 8
03:22	Muted vocal	Recovery Knees come in, elbows to floor or blocks. Hips high. <i>Inhale/Exhale</i> Perinatal Support Tip: Finding a comfortable position to allow your body to recover, using props where available and maintaining the stability in your pelvis. Making any natural movements that feel good for you and your baby, easing away tension from your hips and lower back. Taking this moment to appreciate your changing body and what it has achieved today.	1	16	2 x 8
03:41	Outro	Recovery Hips shift, making any natural movement that helps to alleviate tension in hips or lower back. <i>Inhale/Exhale</i>			

PELVIC FLOOR: TIPS

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 the Tabletop with Leg Extension pose, guide your class safely through all the options and empower them to choose the one that works best for their body right now. Reassure them that as their body changes it is ok to make adjustments to their choice of options.

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.

STRETCH:

Flying High / 05:19

Track Time	Lyrics	Choreography	Reps	Counts	X 8
00:00	Intro	Extended Childs Pose Kneeling, hips to heels, arms reach out long, hands to mat, blocks, bolster or rolled mat. <i>Inhale/Exhale</i>	1	32	4 x 8
00:37	Where I'm heading	90/90 or Pigeon L L knee F bending, R leg B bending or straight B. <i>Inhale/Exhale</i> (Perinatal Option: place hands on blocks) Perinatal Support Tip: Using props where possible to sit comfortably in each pose, maintaining stability in your pelvis throughout and allow your body to it comfortably within each posture. Making any adjustments necessary to prioritise comfort in your body and allowing space for your baby always.	1	32	4 x 8
01:04	No more fear	90/90 or Pigeon L Hold 90/90 or Pigeon Pose. <i>Inhale/Exhale</i> (Perinatal Option: make any natural movement in hips to release tension)	1	16 16	4 x 8
01:31	The wind beneath	90/90 or Pigeon R	1	32	4 x 8
01:58	Flying high	90/90 or Pigeon R Hold 90/90 or Pigeon Pose. <i>Inhale/Exhale</i> (Perinatal Option: make any natural movement in hips to release tension)	1	32	4 x 8
02:30	Violin	Modified Reverse Plank or Seated Back Extension Sit on sit bones, legs F hip width apart, knees bending, feet to mat, hands behind hips to mat (or blocks). Back extension. Option to lift hips up. <i>Inhale/Exhale</i> Perinatal Support Tip: Sitting comfortably and using props wherever you can, perhaps sitting on a bolster/rolled mat and placing hands on blocks. Moving your body into any natural position that feels good for you and your baby. Taking the option to remain seated instead of lifting hips up and creating space in your body for both breath and your growing baby. Releasing any tension away from your shoulders and embracing the openness you create in your body here.	1	16 16	4 x 8
02:58	No more waiting	Forward Fold Lengthen legs F, wider than hips, tip torso over legs. <i>Inhale/Exhale</i> (Perinatal Option: straddle legs) Sit on floor, bolster or rolled mat. (Perinatal Option: hands on blocks in front) Perinatal Support Tip: Taking legs to a width that feels comfortable, always maintaining stability through your pelvis. Using props is available, maybe sitting on a bolster/rolled mat, softening knees and taking hands to floor or blocks. Moving slowly into the forward fold and making any adjustments needed to alleviate any stress on your lower back or hips.	1	32	4 x 8
03:25	Every step now	Straddle Twist Transition L Sitting on floor, bolster or rolled mat. Legs wide to straddle, knees bend or legs straighten. Turn torso to L, placing one hand in front on floor or block, placing other hand behind back to floor or block. <i>Inhale/Exhale</i> Perinatal Support Tip: Allowing your body to move slowly and comfortably as you navigate through the postures with your ever-changing body. Appreciating what your body can do today and accepting the changes we may face tomorrow. Feeling the freedom in your hips as you move and using props wherever available.	1	32	4 x 8
03:52	The wind beneath	Straddle Twist L	1	32	4 x 8
04:19	Flying high	Straddle Twist R	1	32	4 x 8
04:47	Outro	Straddle with Open Heart Straddle Pose, hands behind to floor, blocks or rolled mat. Open heart by lifting chest and opening hips. <i>Inhale/Exhale</i>	1	32	4 x 8

STRETCH: TIPS

FOCUS:

Encourage calm and gentle movement, coaching safe transitions between poses and prioritising comfort. Coaching with care and reassuring participants when taking options as their bodies change from one trimester to the next.

TECHNIQUE TIP:

In Modified Reverse Plank, set your class up safely before offering the option to lift hips up. Ensuring a stable position through wrists, hips and shoulders before you lift. Using any props available to help get comfortable.

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.

MEDITATION

Liberate Meditation

Allow some time to come 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 release pressure from your lower back, pelvis, or bump.

Find length in your spine, creating space around your bump or belly so the breath can move freely. If it feels good, gently close your eyes. Bringing hands under your belly/bump.

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 face, your shoulders, your hips.

Becoming aware of the freedom in your hips and belly as you inhale, guiding breath and stretch into your body. Creating space for your growing baby and the life your body has helped to create.

Each inhale brings clarity and calm. Each exhale brings release of tension or worries. Showing ourselves the kindness and compassion we deserve and being proud of what our bodies have achieved thus far.

As you begin to become aware of your surroundings, introduce gentle movement—maybe through your fingers and toes, or a gentle rotation of your body side to side if seated. Make your way up to a seated position when ready and in your own time.

Press hands together in prayer. Inhale bringing hands to forehead, down to your lips and then to your heart. May your thoughts be full of compassion, may your words be kind and may your heart be full of love for yourself and your baby.

Exhale and place your hands to your belly/bump once more. Freeing yourself of any remaining tension.

Opening your eyes and letting in new light and renewed energy into both body and mind.