



January 2026
Build Awareness

January 2026 focuses on building awareness by focusing on ground up coaching. By cueing movement patterns in specific cues, participants have an easier time learning main movement patterns.

<https://youtu.be/jnz28qXSSkQ>

[January | 2026 Spotify Playlist](#)

WARM UP	<i>Prepare for Strength and Balance by increasing core temperature and stability in major</i>				
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TIMESTAMP	MOVEMENT	Sets	Reps	Time	Breaths
	Warm Up Intro and Preview	1X	1	1 min	10

	Diaphragmatic Breathing	1X	NA	3 min	NA
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If It Was Meant Astrid Whitelock	Cervical Rainbows	1X	5	1 min	10
	Seated Cat/Cow	1X	5	1 min	10
	Seated Forward Lean	1X	5	30 Sec	5
Eka Aasmi Jayavant	Seated Forward Fold	1X	1	1 min	10

	L. Figure 4	1X	1	1 min	10
	L Piriformis Stretch	1X	1	1 min	10
	L. Seated Lateral Lunge Forward Lean	1X	1	30 Sec	5
Freedom to Be Spring Euphemia	L. Seated Lateral Lunge Forward Fold	1X	6e	1 min	5
	<i>Repeat, switching left side exercises to right side exercises.</i>	1X	1	<i>3 min 30 sec</i>	20

joints.

NOTES

Start music before intro. Healing Stars - Soothe My Soul will take you through the intro and breathwork.

Sit at the edge of your chair, sit up tall with shoulders back, inhale and push the belly button away from the spine, exhale and bring the belly button back to its starting position. Box breathing is 4 sec inhale, 4 sec hold, 4 sec exhale and 4 sec hold repeated.

Starting from center, inhale to drop chin to chest and lift to look over left shoulder, exhale to drop chin towards chest and look over right shoulder. (5 per side)

Inhale to move into cow, exhale to round shoulders and lean into cat. (5 per direction)

Focus on pulling chest out towards the front of the room rather than down straight to the floor.

In this forward fold, participants can reach towards their thighs (which will keep their head above their heart which helps with any blood pressure issues and dizziness) or they can increase tension by reaching towards a block or the floor.

An option to make this movement less aggressive, is to move into an ankle lock position to reduce the amount of strain on the hip. Check the video for regressions. Consider moving in and out of the lean to help participants get used to this hold pattern. Additionally, cue posture: pulling the spine up towards the ceiling and then pulling out towards the front of the room.

Hip structures vary based on age, lifestyle, injuries/surgeries, and a variety of other situations... due to this you may find the wrapped piriformis stretch is more or less aggressive than the unbound piriformis stretch. You may also find that one hip needs a different stretch than the other hip.

To get into this position, it will be less like a traditional lateral lunge. You will have your L. Leg at a 10pm or 11pm (depending on hip structure) position rather than a 9pm position.

In this fold position, you can leave your hands on your thigh or reach towards the floor to increase tension for his inner thigh stretch.

30 sec allowance to switch to the other side.

STRENGTH & BALANCE	<i>Strengthen Shoulders and mobilize spine</i>				
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<i>TIMESTAMP</i>	<i>MOVEMENT</i>	<i>Sets</i>	<i>Reps</i>	<i>Time</i>	<i>Breaths</i>
Wake Me Up (feat. Fluerie) Tommee Profitt	Transition to standing and preview	1X	1	1 min	10

	Standing Grounding Breathwork	1X	NA	1 min 30 sec	NA
	Overhead Reach and Lateral Extension Combo	1X	5	1 min	10
	Lateral Extension Hold	1X	1	30 Sec	5

	<i>Transtion to new foot print and preview</i>	1X	1	60 Sec	5
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Safe and Sound figuers	"Choose Your Adventure" Forward Fold	1X	1	30 Sec	5
	L. Lunge Forward Fold	1X	1	30 Sec	5
	L. Lunge Overhead Reach	1X	1	30 Sec	5
	Down Dog or Plank	1X	1	30 Sec	5
	Reset with Forward Fold and Roll back to Standing	1X	1	30 Sec	5

	<i>Repeat, switching exercises to the other side.</i>	3X		7 min 30 Sec	
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NOTES

Show both chair options and how we will use them with both the lunge and plank. Ensure that their chair is on a mat and coach to step onto the mat if they are wearing socks.

Focus on a strong base, spreading the toes and grasping the floor... stacking the ankles, knees, hips, and shoulders. Breath should look similar to the warm up.

This is specifically to work on shoulder mobility. Some participants may find that it is too aggressive for their shoulders so you might encourage them to try bending the elbow to reduce tension.

Set the block inbetween the feet with a neutral stance - participants should rotate their chair for the back of the chair closest to your body.

Encourage participants to choose their footprint (either narrow feet or wide), to rock side to side or stay steady, to reach forward to the chair or down to the floor.

Stepping your right leg back as far as comfortable and bending your left leg, reach as far as comfortable. To the chair, block, knee, or floor.

Working on dynamic balance, push off of your base and reach overhead slightly bending the back leg (your right leg). This is tough so encourage your participants to use the chair when it feels best for them and to consider changing arm positioning as seen on film.

Participants can use the chair for assistance or complete this on the floor. Cue the difference between the two movement patterns and remind participants that there are 4 opportunities to choose which option is right for them or try both.

Take this very slow. Step into your forward fold one foot at a time. When you begin to roll up, once you are at the hip level, slow down your extension to help avoid rapid blood pressure changes that can cause dizziness. It is ok to coach participants why they should slow down.

You will begin this section on your Left Leg and then transition to Right. 2 Sets on each side. 4 Rounds total.

RECONDITIONING	<i>Focusing on hip mobility and tension release.</i>				
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<i>Playlist</i>	<i>MOVEMENT</i>	<i>Sets</i>	<i>Reps</i>	<i>Time</i>	<i>Breaths</i>
Opening Serenade Elliot Jack Sansom	<i>Transition to floor: Preview chair modifications</i>	1X	1	1 min	10

	Bent Legs Cervical Rainbows	1X	5per	1 min	10
	Forward Lean	1X	5	1 min	10
Living Hope (Inst) Will Morrison	Forward Fold	1X	1	1 min	10

	L. Figure 4	1X	1	1 min	10
	L. Piriformis	1X	1	1 min	10
	Staggered Hamstring Stretch	1X	1	1 min	10

Trust Mina Rojas	Repeat, switching exercises to right side exercises.			3 min	
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Slipping Away Cerulea	Final Resting Pose	1X	1	0:05:00	
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	Seated Exit - Deep breath and shoulder roll.	1X	1		5
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NOTES

Encourage participants to hold their knees or lean forward to reduce tension on their wrists. Participants seated in the chair will complete the cervical rainbows seated at the edge of their chair.

You may find that having a block in front of you will help set up for the forward fold coming up next. Participants in the chair will complete a seated forward lean as seen in the warm up.

Encourage participants to reach a little further than they did in the warmup. Participants in the chair will complete the seated forward fold as seen in the warm up.

See notes in warm up for hip adjustments. Participants will complete figure 4 as seen in the warm up.

You may give an option to straighten the right leg to help with balance or keep it bent. Whatever position helps them to focus on the hip stretch is preferable.

Left leg will set up at 10pm, right leg will be straight out front (12 o'clock) Participants will want to lean towards their right leg (your left) so you will need to spend a little extra time cueing the specifics of weight distribution. Consider having them lean into their Right arm (your left arm) to increase tension. Participants in the chair, will be completing this as we did in the warm up with the lateral lunge combo, be sure to coach options.

Encourage participants to find a position that helps their muscles fully relax. Turn the spotlights off to darken the room and spend a majority of the time in quiet. There is 15 extra seconds to allow for some transition time.

Thank your participants for coming and encourage them to attend another class.