

**LES MILLS**  
**BODYBALANCE**

# New Generation Yoga

Backed by science. Built on breath.  
A meditation in motion.



## **What is BODYBALANCE?**

Ideal for anyone and everyone, LES MILLS BODYBALANCE™ is a new generation yoga workout that will improve your mind, your body, and your life.

Set to the perfect soundtrack, you can expect to bend and stretch through a series of simple yoga moves, with elements of Tai Chi and Pilates. Breathing control is a part of all the exercises, and instructors will always provide options for those just getting started.

Whether you're experienced with yoga, just starting out, or looking for something to complement your other workouts, BODYBALANCE will leave you feeling rejuvenated, calm, centered and focused.

BODYBALANCE is available as a 30-55 minute workout. It is also available in some clubs as a virtual workout.

## **Benefits of BODYBALANCE**

BODYBALANCE is yoga-based and scientifically designed. Each workout will help you:

- Improve flexibility
- Build core strength and stability
- Release tension
- Feel calm and centered

## **Just getting started?**

For anyone new to yoga, BODYBALANCE is a great introduction, and there are plenty of options for the more challenging exercises. All you need is comfortable workout clothes and something warm to wear during the final relaxation track. You don't need any shoes. We recommend you bring a yoga mat.