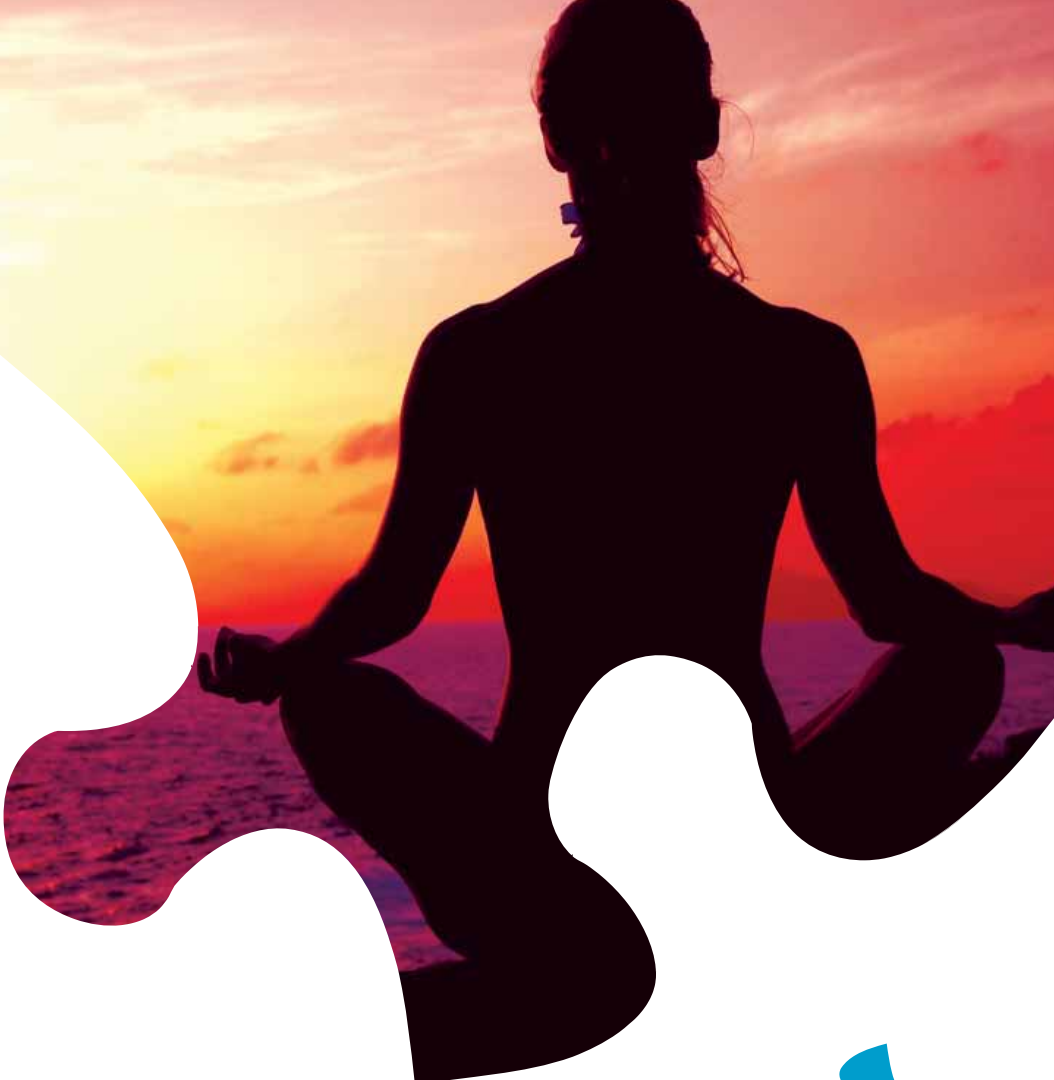




* MIND BODY



MIND BODY

B1F ✱ BODYBALANCE®: technique tune-up **THE LES MILLS TEAM**

It's time to upskill and refresh your approach to BODYBALANCE® exercises in this unique mind body group fitness workshop. For both experienced and new teachers of BODYBALANCE®, this hands-on technique-intensive workshop focuses on movement analysis and new ways of coaching the postures and evolving the exercises. **WS**

Sponsored by 

B2F ✱ The magic of mind body **RUTH OLIVER**

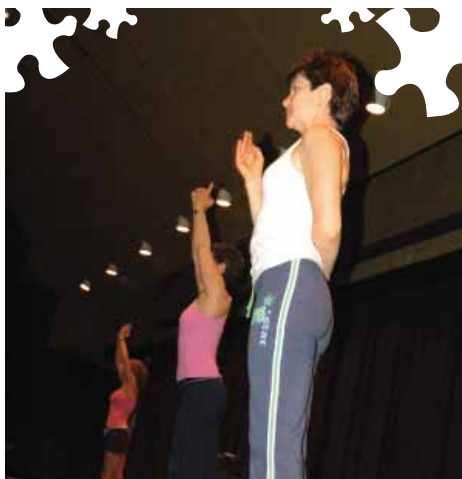
'People will forget what you say, they will forget what you do, but they'll never forget the way you make them feel'. Learn simple techniques drawn from Somatics, Qi Gong, SomaChi Yoga, Pilates and meditation to create a wonderfully invigorating, beautifully flowing and totally relaxing mind body experience. Take home loads of ideas that will ensure your clients never forget the way you make them feel! **WS**

B3F ✱ Junior Pilates **JILL HEALY-QUINTARD**

Combining Pilates and fitness techniques with her experience teaching children, Jill shows you how to create a fun class for kids needing posture correction, flexibility, balance, strength and core conditioning. This workshop provides information on the needs of adolescents for various sports and dance, and incorporates the use of bands, balls and small Pilates equipment. **WS**

B4F ✱ Smooth yoga **LESLEY GRAY**

Lesley guides you through simple, revitalising yoga postures to enhance mobility and flexibility. Strength and endurance are subtly challenged, without putting strain on the body. Lesley's take-home techniques enable you to add a new, simple to implement dimension to your classes and training sessions. This safe, effective and enjoyable approach to yoga is the ideal way to bring your convention day to a close. **MC**



MIND BODY



C1G ★ Wake up and rejuvenate

MONICA LINFORD

Enjoy movements from Tai Chi and Qi Gong to regulate the breath, the mind and the emotions. Follow this by experiencing classical yoga breathing with postures to eliminate toxins, strengthen the whole nervous system and revitalise the body. Nourished by nature, this early morning session increases your vitality, balances your energy and focuses the mind for the day ahead. **OD MC**

C2F ★ Asana fusion

JANE E SEYMOUR

Creating a yoga class that blends the right balance of asanas is challenging. This master class highlights a fusion of asanas, offering a sound basis to build a balanced class upon. Progressions are previewed, allowing you to develop intensity and complexity as your participants improve with weekly practice. Re-discover the value of foundation asanas and progressive variations that will keep your participants coming back for more. **MC**



C3F ★ Breathe through movement

KAYLA DUKE

Breathe deeply as you explore movements incorporating contemporary dance and Pilates concepts. Focusing on control and placement, Kayla teaches smooth, flowing transitions from one movement to another. This master class includes both standing and floor exercises that work the body from head to toe. Take away loads of new ideas for your next mind body class. **MC**

C4F ★ SynergEase

RUTH OLIVER

Ecstatic, liberating, soulful and fun – welcome to SynergEase, a mind body workout like no other. An increasingly popular style of class, SynergEase takes you into the energy of creative movement and blends strength, balance and flexibility before arriving in the tranquil space of meditation and relaxation. Take home the whole concept or cherry pick unique ideas to easily insert into your existing classes. **MC**

PLENARY

C5C ★ Add a touch of relaxation

LISA WESTLAKE

Add a touch of relaxation to your classes, and your participants will love you forever. Lisa shows you how to create unique and extra special cool downs by injecting simple but effective relaxation sessions into your classes and personal training sessions. Discover how music, voice, visualisation, colour and aromatherapy can help your clients relax after a strenuous workout. **WS P**