

# Yoga Booty Ballet®

## Hollywood's fun fitness secret!

Hollywood's feel-good fitness secret mixes yoga, dance, and body sculpting to blast calories; get your abs, thighs, and booty sculpted; and make you feel strong, confident, and beautiful! Two of the nation's top fitness experts and cocreators of Yoga Booty Ballet, Gillian Marloth and Teigh

McDonough, guarantee that you'll see a dramatic difference in your body after just 2 weeks. This program incorporates the popular practice of yoga, the modern science of body sculpting, and the classical art of ballet into a one-of-a-kind booty-shaping fitness experience. Gillian and Teigh's unique instruction style gives you more than just a firm body—their message of self-affirmation is clear: Love yourself. Accept yourself. Be good to yourself.



### THE BEACHBODY® DIFFERENCE

The secret of Yoga Booty Ballet is the combination of yoga, cardio training, dance, and breathing techniques so you get more than a workout—you get a greater sense of balance, alignment, strength, and self!

#### DID YOU KNOW?

The benefits of **yoga** are far-reaching, including increased flexibility, improved muscle tone, and joint and ligament lubrication. And because it helps “massage” all of the body's internal organs, it also helps detoxify you from head to toe, which results in more **energy** and **zeal**, and can even help delay the aging process!

#### UNIQUE FEATURES & USAGE

- **Cardio, body-sculpting, and yoga** workouts
- Includes **endurance, flexibility, weight training, toning, alignment, balance, and breathing** techniques
- Features energizing **conga drum music**
- **Quickstart guide** to signature moves so you start burning fat fast
- **The Goddess Guide** includes special tips and a workout schedule, a progress tracker, and the Dancer's Diet nutrition plan
- **Squishy Ball** adds resistance to targeted exercises to more effectively sculpt and define your abs and inner thighs
- **The 7-Day Rapid Results diet plan** will help you lose up to 7 pounds in the first week
- **FREE online access** for advice from fitness experts, peer support, and motivation

Keep Pushing Play and get a sculpted body along with greater balance, endurance, grace, and strength.