

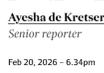
30-DAY TAI CHI PLAN FOR BEGINNERS

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
• 10 Tai Chi Push Hands • 10 Tai Chi Push Hands • 10 Tai Chi Push Hands • 10 Tai Chi Push Hands	• 10 Tai Chi Push Hands • 10 Tai Chi Push Hands • 10 Tai Chi Push Hands • 10 Tai Chi Push Hands	• 10 Tai Chi Push Hands • 10 Tai Chi Push Hands • 10 Tai Chi Push Hands • 10 Tai Chi Push Hands	• 10 Tai Chi Push Hands • 10 Tai Chi Push Hands • 10 Tai Chi Push Hands • 10 Tai Chi Push Hands	• 10 Tai Chi Push Hands • 10 Tai Chi Push Hands • 10 Tai Chi Push Hands • 10 Tai Chi Push Hands	• 10 Tai Chi Push Hands • 10 Tai Chi Push Hands • 10 Tai Chi Push Hands • 10 Tai Chi Push Hands

Highlyer

Is 'Heated Rivalry' too hot to watch on a flight?

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Senior reporter

Feb 20, 2026 - 6:34pm

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Heated Rivalry is the steamy series about two gay ice hockey players that has been billed as Canada's "soft power flex" against an anti-woke backlash against diversity, equity and inclusion led by US President Donald Trump.

But the surfeit of skin is raising questions well beyond North America, with travellers the world over asking what level of nudity and gratuitous sex is acceptable to watch on an aeroplane?



Connor Storrie as Ilya Rozanov and Hudson Williams as Shane Hollander in *Heated Rivalry*.

Flight Attendants Association of Australia federal secretary Teri O'Toole hasn't seen *Heated Rivalry* but stressed that as more airlines stop investing in in-flight-entertainment systems and move to bring-your-own-device, thought needs to be given to what is acceptable.

She says while tolerance for different types of art and culture vary widely among crew members, passengers need to remember that a plane is still a workplace.

"Everybody's sensibilities are different – what shocks some doesn't shock others, right? But it is a workplace. Would you like to go to work and have people watching people have sex on the screen in front of you?" O'Toole said.



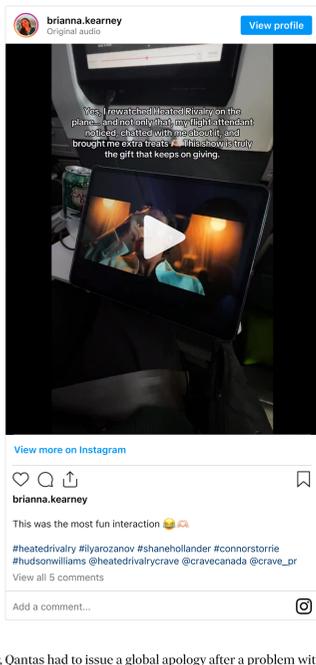
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Spokespeople for Qantas and Virgin could not immediately point to any policies governing the use of personal devices onboard.

Some social media users have said that watching *Heated Rivalry* became a bonding experience with crew, with one sharing a post on Instagram saying their shared enjoyment of the show led to her receiving extra treats from the flight attendant.



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Last year, Qantas had to issue a global apology after a problem with the in-flight-entertainment system meant a crew member inadvertently selected R-rated movie *Daddy* to play on everyone's screen on a flight from Sydney to Haneda in Japan.

Starring Dakota Fanning and Sean Penn, the film featured plenty of swearing, adult content, nudity and abundant sexting (which could be read from screens even if people weren't listening).

Middle Eastern airlines like Turkish Airlines, Emirates and Qatar Airways, by contrast, blur out kissing and sex scenes and generally censor content to comply with local laws.

Qantas gives guests access to a range of content from *Heated Rivalry*-producer HBO Max – as does Air Canada. But for now the only way to watch it in the air is to bring it with you on a personal device.



Frequent flyers of the world are divided. Some think it should be banned while others say it isn't that risqué compared with what is already shown on aircraft in-flight-entertainment systems.

Points enthusiast and author of the *The Champagne Mile* Adele Eliseo is an avid *Heated* fan.

"It's ironic because there are so many non-queer dramas that are explicit, this probably less than other shows – *Industry* season four is a case in point," says Eliseo.

But she says it just gives more impetus to get onto the points game and upgrade to business class suites with doors.

"Qatar Airways' Q-suites is great for anyone wanting to watch in privacy," she says. "I started watching on my device while travelling but then my Q-suite got swapped out for a non-Q-suite aircraft."

For this traveller, at least, *Heated Rivalry* was too hot to watch in an open cabin.

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