



AERIAL YOGA

Take your practice to new heights. Aerial yoga may be just a few feet off the ground, but it can turn your practice on its head, literally!

WHAT IS IT?

Aerial yoga incorporates yoga sequencing, breath work and relaxation using a low-hanging, extra-wide aerial sling (also called a hammock) to aid movement through traditional postures, combined with some circus flair. By supporting the weight of the body, the aerial sling provides a unique way to access some of the more difficult yoga poses. So don't be deterred: aerial yoga is accessible to a wide range of people.

WHY TRY IT?

Potential benefits include increased muscular flexibility, joint mobility, low-impact cardiovascular conditioning and realignment of the spine. Being free from the confines of gravity releases tension on the bones and muscles to allow you to move more freely in space which can help increase flexibility as you go deeper into your stretches. As well as strengthening core muscles, Aerial yoga increases spinal and shoulder flexibility. One of the primary benefits of hanging upside down is that it allows your spine to lengthen, eases tension in the spinal cord and hip joints and sends the happy hormones racing round your body (head first!), helping you feel calm yet energised.

TELL ME MORE

Depending on your teacher's style or what you're trying to achieve, Aerial yoga can be adapted to create a gentle relaxing stretch or dialled up to rival any hardcore conditioning class. Regardless of the approach, it is an all over body workout. Muscles are toned and redefined, and joints are regenerated and strengthened as you use the sling to move through a fluid series of asanas and stretches.



WHAT ELSE?

Aerial yoga is fun! The sling provides endless opportunities for play, which is something we tend to lose as adults. Given the circus influence, there's plenty of scope for creativity with the option of aerial flips and tricks, guaranteed to put a smile on your face. Achieving the strength required to hold your own body weight as you manoeuvre through the air is no mean feat, but the reward is definitely worth the effort.

WHERE CAN I TRY IT?

Check out the fab folks at Flying Fantastic. Edel Wigan and Yasmin Strong are Aerial Yoga teacher training providers that really know their stuff.

tinyurl.com/aerialyogateaching

'Flying Fantastic' & 'Grace & Gravity'

AERIAL YOGA TEACHER TRAINING

TAKING YOUR YOGA PRACTICE TO NEW HEIGHTS

Develop the skills needed to begin teaching Aerial Yoga, learn how to structure and deliver a comprehensive class, as well as essential rigging and health & safety knowledge.

3 day training, suitable for Yoga or Aerial Teachers & PTs
www.tinyurl.com/aerialyogateaching

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