



# Aerial Yoga at balanceYoga

## **What are the benefits of Aerial Yoga:**

- Build strength and awareness of the core and body
- Increased flexibility, balance and body alignment
- Effective overall conditioning and increased muscle tone
- Decompression of the spine
- Complete relaxation
- Mindfulness and breath awareness
- Sense of fun, freedom and confidence

## **Is Aerial Yoga for me?**

Absolutely, Aerial yoga is for everyone! With the support of our low hanging hammocks you will find freedom and ease in your joints and enjoy a cocooned savasana experience at the end of class. Aerial yoga can be enjoyed by new yogis as well as seasoned practitioners. With small class sizes and highly trained staff each student will be cared for in every pose.

## **Do I have to go upside down?**

Not at all! We will offer a variety of Aerial Yoga classes and inversions are always optional.

## **What should I wear to Aerial Yoga classes?**

Short sleeves or long sleeves are required for aerial yoga. Underarms must be covered so no tank tops please. We ask that you do not wear clothes with zippers or buttons and remove all jewelry prior to class. This will help us maintain clean and snag free hammocks for all.

## **Are there Physical Restrictions and Contraindications?**

As always, please check with your doctor before attending class if you have an injury or any medical condition that might be affected by an Aerial Yoga class. In addition, please talk to the teacher before class if you have any concerns.

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Possible contraindications include:

- Pregnancy
- Glaucoma
- Recent Surgery
- Heart Disease
- Very High or Very Low Blood Pressure
- Easy Onset Vertigo
- Osteoporosis or Bone Weakness
- Recent Concussion or Head Injury
- Head Cold, Flu, or Sinusitis
- Hiatal Hernia or Disc Herniation
- Recent Stroke
- Artificial or Re-Surfaced Hips
- Botox (within 24 hours of class – it's advised NOT to go upside down)

### **How strong are the hammocks? Is there a weight limit or age restrictions?**

The hammocks are made of high density nylon and are suspended by industrial strength polyester wraps attached to climbing grade carabiners and mounting brackets. Hammocks are tested to hold up to 400-600 pounds safely. To give some very loose guidelines, and for your safety and comfort level that, that if you have a body weight over 250 pounds, aerial classes *might* not be your thing just yet. That being said, we keep our class sizes small so that we can work individually with each student, and everyone can progress at their own pace. The best advice I can give you is, just come try it out and see if you like it! The moves we do in the first few classes, while I don't want to say they're "easy", they are intended to be attainable for *just about anyone* with some practice and determination.

No age restrictions; however, we recommend that children be accompanied by an adult and be capable of listening, paying attention, and following instruction for an hour class.

### **How difficult are aerial yoga classes?**

A certain amount of strength and body awareness is required to participate in Aerial Yoga classes; however, as with any Yoga class, modifications are always available.

### **Do I need prior yoga experience? Aerial experience?**

No Yoga experience is necessary to attend class. The beginning of each class will be spent helping beginners adjust their hammocks and safely maneuver in them. Please arrive 10 minutes before class to adjust the height of your hammock with your instructor and to become familiar with it.

Aerial Yoga classes are designed to give you an all-over workout that diversifies the challenges of a traditional fitness classes by using the hammocks for support and for inversions (if you choose to go upside down). It's an awesome experience!

### **What is Aerial Yoga Student Etiquette?**

Here are some simple guidelines to help you feel comfortable & get the most out of your balanceYoga experience:

- If you are new to the studio, please allow yourself 15 minutes to fill out paperwork and connect with your teacher to set up for class. Please turn cell phones off or silence them.
- Please wear a t-shirt or long sleeved shirt. No tank tops, please.
- Ensure that your clothing is "zipper free" and remove all jewelry, watches and hair clips. These items can snag and damage the silk hammocks.
- Avoid wearing strong perfumes.
- Remove your shoes before entering the studio classroom.
- Please do not chew gum.
- Be considerate of the next person using the hammock and observe good personal hygiene.
- Aerial Yoga can be exciting. For safety reasons, we ask that you are quiet and listen attentively while the teacher is talking.
- Avoid practicing on a full stomach.
- Some poses and practices will feel great and others may not. Stay open to possibility and keep trying new things. An open mind paves the way for an open body and an open heart.
- Above all, relax and enjoy! We're glad you're here with us!