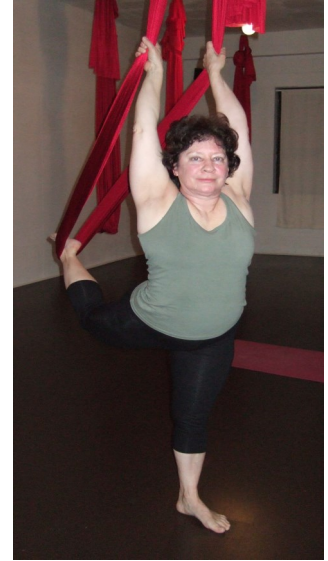


New England Movement Arts

Presents

Aerial Yoga



Aerial Yoga uses a fabric hammock or sling with traditional yoga poses. The fabric can be used while standing on the floor to help students with deeper stretches and balances. You can also stand in the fabric sling, lie in it or have fun with inversions. You can also spread the fabric like a hammock and enjoy a wonderfully soothing relaxation at the end of class, integrating all the benefits of yoga.

Yoga means union of mind, body and spirit. Aerial Yoga helps achieve strength, flexibility and calmness of the mind and spirit in a fun and playful way.

Wear comfortable loose clothing. **NO JEWELRY OR ZIPPERS THAT COULD SNAG AND TEAR THE FABRIC PLEASE!**

Bring a yoga mat or rent one at the studio.

Instructor: Ruth Lieberherr

Once a week, 8 Class Session begins Wednesday, 3/26 to 5/21, 10am-11:30am, (no class on 4/16).

Fee: \$280 for 8 week session.

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