



## WHAT YOU NEED TO KNOW BEFORE YOUR FIRST CLASS W/

## ST PETE AERIAL YOGA

1. Please bring waiver signed or come early to sign.
2. Jewelry is not allowed in the hammock unless you have covered it with tape.
3. Mats are available but you are welcome to bring your own. Bring water too.
4. Wear clothing that covers underarms and knees. No zippers or snaps that could rip fabric. Please note: Thick cotton leggings aren't as easy to slide on the fabric.
5. Eat something light at least 45 minutes before class or wait until after class.
6. Share any concerns with the teacher or call ahead with questions. You don't have to practice inversions (though they are very therapeutic and we can gradually get you there)!
7. Understand that the following conditions **DO NOT PREVENT** you from practicing aerial yoga & playing within the fabric, but inversions are not recommended if you have:
  - retinal detachment      - glaucoma      - recent surgery      - severe sinusitis      - epilepsy
  - artificial hip      - very high or low blood pressure (if uncontrolled)      - active disc herniation
  - hiatal hernia      - recent concussion      - heart disease (without permission from MD)
  - recent stroke      - botox or fillers within 24 hours      - osteoporosis (without permission from MD).