

# Reasons why you will love Aerial Yoga

**The fun!** *Awaken the inner child and feel like a kid again: carefree and as light as a feather!*

**The stretching:** *Safely go to your edge. The hammock allows for slow incremental movement. You choose to make it more gentle or more challenging.*

**Strength gains:** *It quickly enhances upper body and core strength. Many times the fabric is used as resistance.*

**Tension release:** *The hips have more freedom, the spine decompresses, and your overall mental state is reset.*

**Final Relaxation like no other:** *It is like being in a cocoon where you have your own private space ~ a safe haven to rest and revive!*

**See for yourself!**

[www.prismwellnessandyoga/aerialyoga](http://www.prismwellnessandyoga/aerialyoga)

***SCHEDULE for 1st Quarter 2022:***

***Mon 9:30 AM Private Sessions available only***

***Wed 9:30 AM class starts Jan 5th***

***Thurs 6:30 PM class starts Jan 6th***

***Saturday 10:30 AM class starts Jan 8th***

***Wed 6:15 PM class starts Feb 2nd***



