

Reasons why you will love Suspension Yoga

a.k.a "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

SCHEDULE for 1st Quarter 2022:

Wed 9:30 AM class starts Jan 5th

Thurs 6:00 PM class starts Jan 6th

Sat 10:30 AM class starts Jan 8th

Wed 6:15 PM class starts Feb 2nd

*ALSO AVAILABLE -PRIVATE SESSIONS OF 1 OR 2, AND PRIVATE PARTIES OF 4



