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Aerial yoga is a relatively new form of yoga that incorporates elements of yoga, trapeze, gymnastics and pilates into some kind of mongrel aerial meditation practice. With all these different elements, it means that no 2 lessons are ever the same, which keeps things interesting and challenging.

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open up classes for aerial yoga. There's a lot that happened in between then and now which is a story for another time. It suffices to say that I suddenly found myself with the freedom to spend time working on perfecting an aerial yoga curriculum while producing this manual and the videos that go with it.

The Aerial Yoga Manual Volume 1 - Aerial Dancing
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