

Aerial Yoga Manual

The Aerial Yoga Manual Volume 1

The Aerial Yoga Manual : Volume 1 Rebekah Leach

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The Aerial Yoga Manual : Volume 1 Rebekah Leach Aerial Yoga Manual - ON SALE NOW!

The Aerial Yoga Manual : Volume 1 Rebekah Leach covers all the basics of a first course in aerial yoga. Over forty moves using the fabric as an assisting tool are described step by step with the help of clear black and white photographs. Moves are done both in conjunction with the ground and suspended in the air.

Aerial Yoga Book - Order Yours Today to Begin Flying From ...

The Aerial Yoga Manual Vol. 1. This is a spiral-bound manual with over 300 illustrated pages detailing different poses. It's perfect for both students and instructors who are serious about learning aerial yoga. If you're familiar with floor poses and want to adapt them to perform using a swing or hammock, then this book is perfect for you!

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With over 300 detailed pictures, this step-by-step manual covers all the basics of a first course in aerial yoga. Pigeon, bow, frog, plank and more than forty other moves are described using the fabric as an assisting tool. Moves are done both in conjunction with the ground and suspended in the air.

The Aerial Yoga Manual Vol.1 by Rebekah Leach

Aerial Yoga Manual, 4th Edition, for Students and Teachers. With over 100 poses, this manual breaks down cuing, adjustments, and variations for all basic yoga poses translated into the aid of the aerial silk hammock. This manual focuses on how to teach effectively, with guidance and best practices, along with brief practical work.

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If you are a complete beginner with zero Yoga Teaching qualifications, you can enrol in our Aerial Yoga training. We offer a strong, supportive foundation, quality manual, easy to follow downloadable training videos with a visual step by step guide demonstrating on how each pose is conducted.

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Aerial Yoga: The Beginner's Guide to the Aerial Hammock

Aerial Yoga: The Beginner's Guide to the Aerial Hammock By Andrea Karwandy | October 16, 2015 The aerial arts can be done in many forms, one of which is being in the hammock. Yoga hammocks are used for Anti-gravity or Aerial Yoga, and the soft fabric of the hammock assists you in maintaining proper alignment and deepening your bodily awareness.

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Learn the trapeze, aerial ring (lyra), free rope, aerial silk (fabric/tissus) or aerial yoga with the aid of one of our high quality, illustrated instructional books or DVDs. These media all contain expertly taught lessons, tutorials and guides on how to do a whole variety of aerial acrobatic moves and sequences.

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The Aerial Yoga Manual Volume 2 Covering more than fifty moves, this is the second and slightly more advanced volume in the Aerial Yoga series. With detailed descriptions and pictures at every turn, moves such as handstands, back arch poses, and planks are explained step-by-step.

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The Aerial Yoga Manual : Volume 1 Rebekah Leach covers all the basics of a first course in aerial yoga. Over forty moves using the fabric as an assisting tool are described step by step with the help of clear black and white photographs. Moves are done both in conjunction with the ground and suspended in the air.

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