

AERIAL YOGA CLASSES ●●●

INTRO TO AERIAL

A new student's first stop. This foundational session introduces you to the aerial hammock and teaches techniques for balance, support, and safety. Familiar yoga poses are explored — while floating just a few inches off the floor.

Every student is expected to take 4+ Intro to Aerial classes before moving to Level 1/All Level classes.

FLEX N' FLOW

Expect to improve mobility, balance, and body awareness while building confidence in the air. Each class moves through a gentle progression—starting with grounded poses to inversions, flowing transitions, and finishing with a soothing aerial savasana.

RESTORATIVE AERIAL YOGA

Classes move at a gentle, meditative pace—beginning with grounded and seated poses before progressing to supported inversions and restorative flows. The low hammock serves as both a comforting cradle and a therapeutic tool for mobility, decompression, and mindful breath work.

AERIAL CONDITIONING

Build strength, body awareness, and progress into foundational skills and flips. Each class blends functional bodyweight training with targeted aerial drills—think core inversions, leg lifts, and controlled climbs—paired with mobility work and deep active stretches to balance strength with flexibility.

AERIAL FLIPS N' FLEXIBILITY

Combine strength-based drills, mobility work, and safe progressions to help master inversions, flips, and fluid transitions with grace and control. Perfect for students looking to advance their aerial practice, this class emphasizes proper technique, alignment, and mindful progression so you can unlock new tricks and beautiful lines safely and confidently.