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ground and suspended in
the air.

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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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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

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Manual
you in maintaining
proper alignment and
deepening your bodily
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their resource library.

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As well as being an
excellent Pilates Teacher
Joanna is a highly skilled
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