

# AERIAL YOGA

## ELEVATED

*Fun, challenging, exhilarating...*



*Everyone attending the class uses a hammock provided and fitted to you by your instructor.*



*Hammock supports 50% of body weight making it easier to perform regular yoga postures and stretches.*

### Come and try Aerial Yoga!

Experience the gravity free feeling.

Aerial Yoga Elevated combines traditional yoga postures with the support of a soft fabric hammock. Practice yoga poses both on the ground and in the air along with some fun acrobatics.

No experience necessary. Both, Yoga beginners and seasoned yogis get the same start at Aerial Yoga Elevated.

Benefits of Aerial Yoga are numerous: core strengthening, builds confidence, most effective tool to use to build up strength, stamina and endurance.

Leave feeling liberated and surprisingly grounded.

Private and semi-private lessons available

*Ready for your 1<sup>st</sup> Aerial Yoga class?*

Reserve your spot on MindBody App or by calling 231-873-3566.

Dress in fitted t-shirt with sleeves and knee long yoga pants or leggings.

Please arrive 10 minutes early to check in and get outfitted with your hammock.

Enjoy!

**Every Monday at 10:15am**  
**Every Thursday at 11:30am**  
at Lakeside Family Fitness in Hart

**Instructor: Rebecca Urick**

Certified Yoga Instructor

Has been delightfully teaching yoga for over 15 years.



**LAKE SIDE REHAB FAMILY FITNESS**

39 S State Street, Hart, MI 49420

(231) 873-3566 | [www.lakesiderehab.com](http://www.lakesiderehab.com)