

Aerial Yoga Classes

- Tuesdays | 9:15am, Aerial Sound Meditation
 | 6:30pm, Aerial Yoga
- Fridays | noon, Aerial Stretch and Savasana
- Saturdays | 10:30am, Aerial Yoga
- Sundays | 8:00am, Aerial Yoga

FREE
Classes are included
with your
membership!

Aerial Yoga A combination of traditional yoga poses and postures practiced using a soft aerial hammock suspended at waist height. Enjoy the benefits of this fun, non-impact class, as you learn how to invert, fly, and flow. We will use the hammock to keep alignment, build strength, and improve flexibility. Appropriate for first-time Aerial students as well as those who want to continue to learn or refine their Aerial practice.

Aerial Sound Meditation Begin your journey with gentle breath work and awareness of the body, guiding you into a state of relaxation equivalent to 3 to 4 hours of deep sleep. Benefits include repairing muscle tissue, digestion, cell rejuvenation, aiding in mental clarity/focus, and more. Experience the soothing sounds of the Alchemy Crystal Bowls, bringing you to profound relaxation and peace almost immediately. No experience necessary.

Aerial Stretch and Savasana Increase your flexibility as you guide your body through traditional yoga poses and postures practiced using the hammock suspended at waist height. Complete your aerial journey with a 15-minute savasana for full relaxation and rejuvenation. No inversions. Open to all levels.

- > Please arrive at least 5 minutes before class
- > No jewelry allowed
- > Shirts with sleeves required
- > Recommended that you not eat at least one hour before class

Sign-up: on the Village app or at the front desk. Reservations can be made 25 hours in advance. All reservations will be cleared five minutes before class starts at which time members present and waiting will be granted a spot in the class.

For more information contact Denise Krater, dkrater@dmbclubs.com.

