

the aerial yoga manual pdf

open up classes for aerial yoga. There's a lot that happened in between then and now which is a story for another time. It suffices to say that I suddenly found myself with the freedom to spend time working on perfecting an aerial yoga curriculum while producing this manual and the videos that go with it.

The Aerial Yoga Manual Volume 1 - Aerial Dancing

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

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The Aerial Rope Manual Volume 1 A step-by-step reference guide for teachers and students of any aerial arts program Rebekah Leach with Rain Anya and Allie Cooper

The Aerial Rope Manual Volume 1 - Aerial Dancing

Learn to suspend your yoga practice and allow gravity to stretch, relax, and aid in your flow. Designed for teachers and students, this manual is perfect for any aerial yoga studio. More than forty five moves are described using the fabric as an assisting tool.

Aerial Yoga Volume 1.PDF - Aerial Essentials

Download The Aerial Yoga Manual Vol.1 By Rebekah Leach EBOOK Product Description With over 300 detailed pictures, this step-by-step manual covers all the basics of a first course in aerial yoga.

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Aerial Yoga Manual Vol. 2 - Digital - New to AerialCLT?

in the Aerial Dance Set Up or in the Aerial Hammock. Remember to have at least 18" to create the essential half hitch for your handle of the flying hammock.

Instructions for Aerial Yoga & Dance Kit

This manual is the Second Edition to our Aerial Yoga Teacher Training Program at Kama Fitness, LLC. With over 100 poses, this manual breaks down cueing, adjustments, and variations for all basic yoga poses translated into the aid of the aerial silk hammock.

Aerial Yoga Teacher Training Manual (THIRD EDITION, 2018)

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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Aerial Yoga Instructor Training Level 1, Part 2 15 Hours \$400 Prerequisite: Aerial Yoga Level 1, Part 1

Required Textbooks: Aerial Yoga Manual Volume 1 & The Aerial Teacher's Handbook Course

Description: Participants will complete the remaining postures in Vol. 1, and further develop sequencing and cueing through practice teaching.

Born to Fly, Aerial Yoga Teacher Training Program Overview

Covering more than fifty moves, this is the second and 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.

Aerial Yoga Volume 2.PDF

Aerial Yoga Manuals available now at AerialDancing.com.

Aerial Yoga By Rebekah Leach

The Aerial Yoga Manual Volume 2 By Rebekah Leach eBook (PDF): \$39.95 Covering more than fifty moves, this is the second and more advanced volume in the Aerial Yoga series.

Rebekah Leach's Books and Publications Spotlight - Lulu

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