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*Granted, at the time of this writing, this aerial yoga manual series remains to be the first and only book written on aerial yoga. I mean multitude by way of everything surrounding aerial yoga.

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The Aerial Yoga Manual Volume 1

The Aerial Yoga Manual Vol. 1. This is a spiral-bound manual with over 300 illustrated pages detailing different poses. It ' s perfect for both students and instructors who are serious about learning aerial yoga. If you ' re familiar with floor poses and want to adapt them to perform using a swing or hammock, then this book is perfect for you!

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black and white photographs. Moves are done both in conjunction with the ground and suspended in the air.

The Aerial Yoga Manual : Volume 1 Rebekah Leach

This full color manual is packed with information on how to create an all-inclusive restorative aerial yoga class experience with sections dedicated to chakra therapy, aromatherapy, color therapy, sound healing, and restorative asanas with the hammock.

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The Aerial Yoga Manual Vol.1 by Rebekah Leach

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. Teachers and students alike will enjoy having this manual in their resource library.

The Aerial Yoga Manual Volume 2 by Rebekah Leach

As well as being an excellent Pilates Teacher Joanna is a highly skilled corde lisse aerial performer who has performed internationally with companies such as 'The Netherlands National Circus', 'The Barbican' as well as at numerous worldwide corporate events. As well as corde

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lisse she is also highly proficient in aerial straps, silks, hoop ...

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