



Aerial Yoga FAQs

What is aerial Yoga?

Aerial Yoga is a newer form of Yoga practice which takes some of its origins from Iyengar Yoga. Using a suspended hammock sling, aerial yoga offers a whole new dimension of the asanas which are not generally accessible on the mat such as inversions.

Do I need a mat to practice?

Yes. Even though Aerial Yoga uses the hammock to fly off the ground, you will in fact be connected to the Earth quite a bit during the class.

Therefore, you will be requested to have your own mat to bring to class,

Do I need previous experience?

No. Beginners are welcomed. Simply make sure to listen to instructions and go at your own rhythm. It does take a short time to become comfortable in the yoga hammock, then you'll be able to practice aerial poses with ease and grace! Aerial Yoga positions are not difficult to get into or hold for long periods of time, as your body is well-supported.

What do I Wear for Aerial Yoga?

For aerial yoga, you need to wear comfortable clothes that will cover your armpits, at least your knees and that your outfit is snugly fitting to your body. This will ensure that you have the most possible comfort during your class as the fabric will be rubbing in certain areas of the body and you do not want it to be rubbing against your skin.

Please remove all jewelry including earrings, bracelets, and necklaces prior to class.

Lastly, if you are a smoker please refrain from smoking prior to class and please do not wear any perfumes or colognes. This will prevent the fabric of the hammocks from smelling funky for the next person..

Tell me about the equipment.

We use a hammock, daisy chains and carabiners. The hammock is certainly essential in Aerial Yoga. It is generally made of Nylon.

Most hammocks hold up to 23 stones (150 kilos). Each studio has been inspected to certify that the space is safe to practice aerial Yoga and all equipment is regularly checked to ensure safety.

What are the health & Benefits?

- Helps relieve stress
- Calms the mind
- Increases circulation and regulates temperature
- Aligns and decompress the spine
- Builds core strength and balance
- Improves flexibility
- Improves spatial awareness
- Helps conquer/ face fears
- Brings the pleasure of play

Is Aerial Yoga safe?

Aerial yoga is a very safe activity. However, if any of the following apply to you, please talk to your GP before booking a class for permission.

Without it, Aerial Yoga is not recommended.

- Glaucoma or any eye problem
- Brain aneurism
- Hypertension
- heart condition(s)
- Hiatal hernia
- High/low blood pressure
- Pregnancy
- Inner ear problem
- Epilepsy
- Recent concussion or head injury
- Carpal tunnel
- Disc herniation
- Sutures on any part of the body
- Severe Arthritis
- Hip replacement

