

# AERIAL YOGA CLASSES

*Relieve Back Pain*

*Increase Flexibility*

*Build a Strong Core*

*Develop Upper Body Strength*

*Restore Balance*

*Choice of poses and staying grounded until you are ready to fly!!*



**Private 90-min Session \$35.00**

**Semi-Private (2 people) \$25.00/each**

**Weekly Sessions for 6 weeks**

Payment Options [here!](#)

- Private \$165
- Semi-Private \$120/each

**Call/text to schedule (504) 259-3056**

- *90-min session includes breath and relaxation*
- *Wear loose-fitting, non-slip, athletic clothing*
- *Avoid eating & pain relievers 3 hours before practice*
  - *Weight limit 200 lbs*