

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

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

[Call/text to schedule \(504\) 259-3056](tel:5042593056)

Monthly Group Class Schedule (after private/semi-private introduction) - **\$20/class**

- 3rd Wednesday 5:00 – 6:30 pm
- 4th Thursday 6:30 – 8:00 pm

- *90-min session includes breath and relaxation*
- *Wear loose-fitting, non-slip, athletic clothing*
- *Avoid eating & pain relievers 3 hours before practice*
 - *Bring water for hydration at your mat*
 - *Weight limit 225 lbs*