

# 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

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

- 3<sup>rd</sup> Wednesday 5:00 – 6:30 pm

- *Yoga experience preferred*
- *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 200 lbs*