

Aerial Yoga Teacher Training

Updated 11/2020

Disclaimer

Contraindications

Aerial Yoga is not recommended for the following:

Pregnancy

Recent Surgery

Glaucoma

Botox within 6 hours

Other injuries that you may have

Meditation

Benefits

Types of meditation

Benefits of Meditation

- Reduces Stress
- May help with addiction
- Reduces anxiety
- Helps with depression
- Helps with pain
- Promotes emotional health and well being
- Boosts immune system
- May help with memory
- Improves focus and self control
- Calms the amygdala where are flight or fight impulses live
- Helps regulate heart rate and blood pressure
- May fight Alzheimer's

4 Types of Meditation

There are many different types of meditation used all over the world. We are going to cover several types here that can be used in your practice. From regulating blood pressure to helping you find inner peace and deeper satisfaction in life, meditation can help transform the way you experience life.

1. Loving Kindness Meditation
2. Body Scan Meditation
3. Mantra Meditation
4. Guided Meditation

Simple steps to get started

For many people with busy lives, meditation can seem impossible. Even sitting for 5-10 minutes can be daunting. Here are some simple steps to help you get started:

1. Find a quiet space
2. Take a moment to check in with where you are physically, mentally, and emotionally
3. Set a timer for just one minute. Sit quietly and start to simply focus on your breath coming in and out
4. When other thoughts arise, bring your attention back to your breath
5. Be gentle with yourself. It takes time to build a new habit. Start increasing the time little by little as you feel comfortable.

Benefits of Aerial Yoga

- Anti-aging
- Improves Circulation
- Boosts the Lymphatic system
- Spinal decompression
- Improves flexibility
- Increases strength
- Low impact
- Decreased stress, anxiety and depression
- Improves confidence
- Helps reduce joint pain and inflammation
- Aids in digestion
- Tones the body
- Aids in weight loss
- Provides cardio benefits
- Improved mental function

Teaching Considerations

Teaching for all levels
Teaching themed classes
Workshops, events

Teaching for All Levels

- Make sure to assess your class and find out who is new to Aerial Yoga
- Ask if it is anyone's first time
- Make sure to tell people that if they have an injury that they can come and talk to you and ask for modifications
- Ask everyone to watch while you demonstrate a move to keep everyone safe. Then allow them to go ahead and try the move and let them know to let you know if they need help.
- Tell the students you will be coming around to assist anyone who needs help
- Give modifications for beginners and more advanced students

Teaching Themed Classes

Adding themed classes is a great way to keep things fresh and to keep excitement high. There are many ways to create a theme from Self Love to different music genres.

Workshops and Events

Workshops and events can have multiple benefits for you and your students. You can gain additional revenue and your students have the opportunity to learn new skills or have an amazing experience that is different from the normal schedule. Maybe you could do an Aerial Yoga Gong Bath class or a low flow restorative class.

Safety

Safety

- **Always hold on to the hammock unless instructed otherwise**
- **Listen carefully to cues from the instructor. They are there to keep you safe.**
- **Do not wear jewelry, or lotion**
- **No chewing gum allowed**
- **Try to keep breathing and not hold breath during poses. This will help to keep you from getting dizzy**
- **Keep movements slow and controlled**
- **Always ask for a spotter if you are unsure about a move**
- **It is helpful to wear sleeves and long pants for this class to prevent rubbing and to keep the hammocks sanitary**
- **Peppermint oil/Ginger tablets can be used to prevent motion sickness**
- **Stay present in your class to keep yourself safe**
- **Ask questions if you are unsure how to do a pose**
- **Go at your own pace**

Business of Aerial Yoga

Classroom Management

Marketing

Retention

Classroom Management

- Always start on time and end on time
- Make sure students abide by the rules that you have established
- Keep control of the class while still keeping it fun
- Make sure that everyone can hear and see you
- If a student is being disruptive or unsafe, you must attend to the situation right away
- Do not allow people to use cell phones during class
- Allow for photos after class

Marketing

- Facebook
- Instagram
- Twitter
- Tic Tok

Philosophy and History

6 major branches of Yoga
Yoga Sutras
8 limbs of yoga
yamas and niyamas
ethical guidelines for yoga teachers

Personal Empowerment

Goal setting

Self love

Leadership skills

Presentation skills

Assisting and Spotting

Assisting and spotting is a critical part of Aerial Yoga. At the beginning of class, tell the students that you may need to assist them during class. Have them close their eyes and ask anyone who does not want to be assisted to raise their hand. That way, they won't be embarrassed to raise their hand since everyone has their eyes closed.

Sequencing

This is the structure of the class

Section 1 - Integration

- Always begin with a few minutes of integration to help the students settle in and transition from whatever activity they were doing before the class
- Have them do some slow deep breathing during this period to help them relax and become grounded
- My favorite integration moves are child's pose, legs up the wall, or corpse pose

Warm up

Section 2 – Warm up

- Include at least 10 minutes of warm up moves to prepare the body for the class
- The goal of the warm up is to prepare the body for activity. We want to increase the heart rate and breathing, and also psychologically prepare the body for exercise.
- The warm up moves can be from the stretching on the floor, seated poses, the relaxing poses, standing stretches sections, even some from the Rib Hangs

Body of the Class

Section 3 (After the warm up) - about 15 minutes

- There are many options for sequencing your class and you need to consider the level of your students and adapt your class based on the participants
- I typically ease into the class with the moderate activities before I go into the more strenuous activities. I would choose from the following for this section:
 - Standing stretches
 - At the Hips
 - Rib Hangs
 - Toning Moves
 - Fun
 - Seated Poses

Body of the Class

Section 4 (about 15 minutes)

- This section could include any of the following:
 - Inversions
 - Flips
 - Core
 - Standing in the Hammock
 - HIIT

Body of the Class

Section 5 (about 15 minutes)

- Now is the time to begin winding down the activities and prepare for the ending of class. This is the time when I usually select items from the “Relaxing Poses” section.
- Save 5 – 10 minutes at the end for Savassana. You can have the students lie in the fabric or on the floor depending on how they are feeling.
- Dim the lights and find a relaxing song or meditation
- Ask the students if they want you to stop them from swinging as some people prefer this.
- Finish with bringing the students to a seated position hands to prayer and closed eyes. Thank them for coming and practicing with you and end with Namaste.

Sequencing Tips

- **Practice, Practice, Practice**
 - You need to be so familiar with your class sequence because you will be nervous in the beginning
- **Make sure to sequence your class so that it flows easily**
 - For example, you don't want to do one move on the floor, and then one standing in the hammock back to back.
 - Learn to know where all of the moves start with regard to the hammock and which ones flow well together. This takes practice.
 - Try to keep moves that start with the hammock in the front together and those that start with the hammock in the back together.
 - Find smooth ways to transition between moves
- **Make sure to demonstrate the more difficult moves and have everyone watch you before attempting it**
 - After demonstrating, walk around to help others to make sure they are doing it safely

Poses (Asanas)

This section contains many different Aerial Yoga poses from beginner to intermediate levels. Within this section, there are sub-sections in which the poses are grouped by the type of pose, for example, Seated poses, Flips, Core poses, etc. When creating your class, you will want to include some poses from most of the sections. Of course, for beginners, you may not want to include certain sections like Flips.

STRETCHES FROM FLOOR

This section is dedicated to those fabulous floor stretches. I often start the class with these poses to get the students grounded and ready to move.

Low Lunge Flow

Instruction

- Start on knees with fabric in front of you
- Hold on to fabric
- Take right leg forward to a low lunge position
- Stretch arms forward
- Come back to center and straighten front leg to a hamstring stretch
- Lower head toward knee

Safety

- Do not let knee go past toes
- Keep it at a 90 degree angle

Hurdle Stretch

Instruction

- Start in straddle position
(see xxx)
- Bend one knee and bring
right foot in front of body
- Keep left leg straight
- Reach for left foot and
stretch

Safety

CHILD'S POSE

Instruction

- Kneel on floor, knees wide, toes touch.
- Stretch arms out in front and place forehead on the floor
- Smile, relax, and breathe deeply

Straddle

Instruction

- Legs out wide. Hold onto fabric. Gently stretch forward and sway side to side

Safety

- Be careful not to over stretch

Bridge

Instruction

- Lie on floor
- Put both feet in fabric
- Fan feet open to a “V” shape
- Squeeze glutes and lift hips up off the floor. Start by tucking your tailbone under and then rolling thru the spine one vertebrae at a time. Reverse the movement to come down. The last thing to touch the floor is the tail bone.

Safety

- Back off of the stretch if it is too uncomfortable

Bridge swing

Instruction

- Start from bridge pose (see xxx)
- Swing legs side to side keeping the belly and glutes tight

Safety

- Back off of the stretch if it is too uncomfortable
- Keep core engaged to protect the back

Shoulder stretches

Instruction

- Sit on floor up on your knees, Hold the fabric in one hand. Gently swing side to side to warm up the shoulders.

Safety

- Back off of the stretch if it is too uncomfortable
- Be careful not to over stretch the shoulders

Knee to chest

Instruction

- Start lying on back
- Bring both feet into fabric
- Bring one knee into your chest and hold onto it. Other leg is extended out straight. Take a few deep breaths in through the nose and out thru the mouth

Safety

- Back off of the stretch if it is too uncomfortable
- Be careful not to over stretch

Seated Forward Fold

Instruction

- Sit up nice and tall with legs out in front of you
- Hold onto the fabric and lean forward pushing the fabric away from you
- Hold for a few breaths and repeat
- Leg go of the fabric and stretch forward over the legs

Safety

- Back off of the stretch if it is too uncomfortable
- Be careful not to over stretch

Hamstring Stretch

Instruction

- Start Lying on back with legs in fabric
- Grab on leg behind the calf and pull it gently toward you keeping it straight if possible

Safety

- Back off of the stretch if it is too uncomfortable
- Be careful not to over stretch

Deer pose

Instruction

- Sit on the floor
- Bend right knee in front of your body
- Bend left knee and take left foot behind the body
- Gently lean forward to stretch

Safety

- Back off of the stretch if it is too uncomfortable
- Be careful not to over stretch

Sways

Instruction

- From table top position, hold onto fabric and sway side to side keeping core engaged.

Safety

- Keep core engaged to protect back

Cat/Cow

Instruction

- On hands and knees, hold fabric in front of you
- Round the back like a cat and inhale
- Arch the back and exhale
- Let belly drop and tailbone lift

Safety

- Keep core tight

Camel

Instruction

- Go to your knees. Place fabric behind head, lean back holding arms high. Release the hands and try to grab the feet. Push hips forward to get a great stretch. Breathe.

Safety

- Keep core engaged to protect back
- Back off if you feel any discomfort
- You may not be able to reach the feet at first. If not, no worries, just keep holding on to the fabric.

C Stretch

Instruction

- Start on hands and knees
- Turn head to the right and look behind you making your body curve in the shape of a “C”
- Return to center, reverse

Safety

Hero

Instruction

- Go to your knees.
- Place knees together, feet wide.
- Sit down on feet hands up high.
- Start to bend backward and slide the hands down.
- Go as far back as you can.
- Try to hold for a few breaths.

Safety

- Back off if you feel any discomfort
- You may not be able go all the way to the floor and that is ok. Just do your best.

Fish

Instruction

- Go to a seated position
- Legs out in front of you
- Hold onto the hammock above you
- Lean back and let your head rest on the floor
- Arch your back

Safety

- Back off if you feel any discomfort

Low Lunge

Instruction

- Take one foot forward and the other back
- Have both feet facing front
- Bend front knee and make sure knee does not go past toes

Safety

- Back off of the stretch if it is too uncomfortable

Up dog

Instruction

- Lie in supine position. Put hands by shoulders, push up and arch the back slightly.
- Reach thru the crown of the head
- Keep shoulders down into the back

Safety

- Back off of the stretch if it is too uncomfortable
- Do not crunch the back, keep it extended.

Supine Twist

Instruction

- Lie on back
- Put right foot in fabric
- Bring left knee across body for a spinal twist
- Try to keep shoulders on floor

Safety

- Back off if uncomfortable

Bridge pull up

Instruction

- Sit on floor behind fabric
- Reach up and wrap hands around fabric
- Place feet flat on floor
- Lift hips and arch body into a backbend shape
- Drop the head
- Return to a seated position

Safety

Cat/Cow

Instruction

- On hands and knees, hold fabric in front of you
- Round the back like a cat and inhale
- Arch the back and exhale
- Let belly drop and tailbone lift

Safety

- Keep core tight

Splits

Instruction

- On hands and knees, hold fabric up high
- Take one leg forward and the other leg back
- Slide into a split pose while holding onto the fabric
- Make sure you are really warmed up for this one

Safety

- Be careful to move slowly and to not over stretch
- Only do this after being completely warmed up. Middle or end of class

Legs Up the Wall

Instruction

- Lie on the floor with both feet in fabric
- Close eyes and breathe deeply
- Let your mind focus only on the breath

Safety

AT THE HIPS

This section contains information about poses where the hammock is placed on the hip bones. This can be uncomfortable to some people at first. During the first lessons, I would limit the amount of time spent on these poses until the student gets used to it. I like to tell them it is like a great massage for the hip flexors.

Flying Locust

Instruction

- Put hammock at hip bones. Walk forward and lock hammock in place by leaning forward. Bring arms up high behind you. Keep head lifted at all times and chest up. Take feet off the floor and fly. Try to arch back.

Safety

- Keep head up and keep arms high to prevent you from falling forward
- Hip flexors may be tender at first when learning this pose. It is a great massage.

Cartwheel

Instruction

- Put hammock at hip bones.
- Bring hands to floor
- Let legs raise up off the floor in a V shape
- Do a cartwheel like move by kicking up and over side to side

Safety

- Keep legs wide so you don't fall thru
- Hip flexors may be tender at first when learning this pose. It is a great massage.

Forward Fold

Instruction

- Stand behind fabric
- Bring fabric to hip bones
- Fold forward and place hands to floor if possible

Safety

Downward Dog

Instruction

- Stand behind fabric
- Bring fabric to hip bones
- Fold forward and place hands to floor if possible
- Step feet back
- Stretch thru the hamstrings and shoulders
- Bend needs if necessary

Safety

Cannonball

Instruction

- Put hammock at hip bones.
Fold forward hands on floor.
Bend knees to chest and grab
onto knees. Swing forward
and back.

Safety

- Make sure to come out of
this pose carefully by taking
feet to the floor and keeping
head up

Hanging Child's Pose

Instruction

- Hang from hip bones. Knees bent. Clasp elbows over head and just hang down.

Safety

- Use caution to keep knees bent enough so you won't fall out.
- Make sure to come out of this pose carefully by taking feet to the floor and keeping head up

Flying Dog

Instruction

- Place fabric at hip bones.
Fold forward keeping the fabric locked in place. Hands come to floor. Let legs float up in the air

Safety

- Take legs out wide so that you don't fall thru.

Scorpion

Instruction

- Start in Flying Dog (see xxx)
- Wrap feet around outside of fabric to stay locked in
- Take elbows to floor
- Let feet float over head
- Stretch arms out to stretch shoulders
- Grab feet and hang if you feel safe

Safety

- Take legs out wide so that you don't fall thru.

Standing Splits

Instruction

- Place fabric at hip bones.
- Fold forward keeping fabric locked in place. Hands come to floor.
- Legs float up to air.
- Hook feet around outside of fabric to lock yourself in
- Slide one leg up the fabric and straighten the leg
- Take the other leg to the floor. The closer you bring your hands to your standing leg, the more stretch you will get

Safety

Standing Split Option

Instruction

- Start in standing split (see xxx)
- Bend the standing knee and bring the toes toward your other leg

Safety

Mission Impossible

Instruction

- Place fabric at hip bones
- Walk forward as far as possible
- Lock fabric at hips
- Place arms behind you as high as possible on fabric
- Lift legs off floor and arch back. Keep head high
- When you are feeling steady try to let go of hands and balance

Safety

- Only attempt this if you feel that you have your balance under control
- If you start to fall forward, bring feet to floor

Wrist Wraps

Wrist wraps are great for getting deeper into certain stretches. You must use caution to move slowly so as to not over stretch.

Cobra

Instruction

- On hands and knees
- Wrap wrists around fabric and grab on
- Bend forward at waist
- Bring arms in front of body
- Bend elbows and gently move forward and let the back arch
- let head hang down to get a nice shoulder stretch

Safety

- Be careful to move slowly and gently so as to not overstretch the shoulders

Standing flat back

Instruction

- Stand behind fabric
- Wrap Wrists
- Hinge at the hips and bend forward keeping legs straight
- Arms are out in front of you
- Stretch hamstrings and shoulders

Safety

- Keep core tight

Standing Shoulder Stretch

Instruction

- Stand in front of fabric
- Wrap Wrists behind you
- Walk forward just far enough so you can stretch the shoulders

Safety

- Keep core tight
- Be careful not to overstretch

Pull ups

Instruction

- Stand with fabric in front of you
- Wrap wrists
- Walk backward as far as possible
- Extend arms out in front
- Walk feet forward and lean body back
- Extend arms and then pull body up and down
- You can increase or decrease the difficulty of this exercise by changing the angle of the body

Safety

- Start with a small angle in body and increase as you get stronger

Standing Stretches

Standing stretches are wonderful in Aerial Yoga. They allow you so much freedom to move and explore. In addition, the hammock can help you stretch even deeper than you can in regular Yoga.

Standing shoulder stretch

Instruction

- Stand behind fabric
- Grab on high with the right arm and swing the fabric back behind you and then in front with a slow and graceful movement
- Repeat several times and switch sides

Safety

- Keep core engaged
- Be careful to move slowly and gently so as to not overstretch

Standing Tree Pose

Instruction

- Stand in front of fabric
- Bring Right foot up to left inner thigh above or below the knee joint
- Keep knee pointed out to side
- Hold onto hammock up high for balance
- Bring hands to prayer position or up high and sway if you feel balanced

Safety

- Keep core engaged
- Be careful to move slowly and gently so as to not overstretch

Flat back and Roll Up

Instruction

- Stand behind fabric with hands holding on in front of you
- Hinge at the hips and bend forward to a flat back
- Feel the stretch in the hamstrings, back, and shoulders
- Roll up on vertebrae at a time
- The head is the last thing to come up

Safety

- Be careful to move slowly and gently so as to not overstretch

Calf Raises

Instruction

- Stand in front of fabric and hold hammock behind you
- Walk forward
- Hinge at hips for a flat back
- Raise heels up and lower down

Safety

- Be careful to move slowly and gently so as to not overstretch

Hamstring Stretch

Instruction

- Start with one leg in fabric
- Bring fabric up to thigh
- Bend forward over covered leg
- Feel the stretch in the hamstring

Safety

- Be careful not to overstretch

Dancer Pose

Instruction

- Place one foot through the fabric to ankle height
- Take leg out to side
- Bend knee to floor and let leg float behind you
- Bring hands up high over head
- Lean forward and walk hands down the fabric
- Let leg raise up as high as possible behind you
- Option – Add Quad stretches, bend both knees, lean into fabric, straighten front leg

Safety

- Be careful to move slowly and gently so as to not overstretch

Assisted Hamstring Stretch

Instruction

- Put right foot in fabric
- Stand up straight
- Hold onto fabric and pull it toward you to raise the right leg as high as possible
- Release and repeat

Safety

- Be careful not to overstretch

Leg Swings

Instruction

- Stand with one leg in fabric
- Get balance
- Swing leg side to side gently
- If your balance is good, take arms out to side

Safety

- Be careful to move slowly and gently so as to not overstretch

After Dancer Pose

Instruction

- Bend both knees to get a deep quad stretch
- Straighten front leg to go even deeper

Safety

- Be careful to move slowly and gently so as to not overstretch

Airplane

Instruction

- Start with hammock behind back under armpits
- Take right leg and extend it behind you
- Lean forward
- Tighten abs and glutes
- Take arms to the sides
- Option to repeat and add pulses to work the glutes

Safety

- Keep core engaged to maintain balance

Pyramid

Instruction

- Start with hammock behind back
- Take one leg in front of the other about hip distance apart
- Fold forward over the front leg
- Aim to keep both legs straight
- Hands hold onto fabric behind back for balance
- Reverse on other side

Safety

- Keep core engaged to maintain balance

Star Gazer

Instruction

- Start with hammock behind back under armpits. Spread legs out wide, bend one knee and sway to the right side, reverse and repeat. Bring arms up behind head and try to relax into the stretch.
- This is a great pose for when you need to take a break

Safety

- Take legs wide to maintain balance

Back Pack

Instruction

- Start with hammock behind back under armpits.
- Walk backward a few steps
- Let head hang down
- This is a great pose for when you need to take a break or you are feeling dizzy

Safety

- Take legs wide to maintain balance

Ninja Kick Stretch

Instruction

- Start with fabric at low back
- Lean back and hook one foot around
- Stand up
- Put upper body thru
- Slide fabric to right ankle
- Use right arm to hold leg up

Safety

- Be careful to move slowly and gently so as to not overstretch
- This one is tricky to get out of. Lean back slightly and hold on tight while releasing foot

Flying Buddha

Instruction

- Take one foot in fabric
- Slide fabric up to the top of the thigh
- Bend right knee toward the body
- Crawl thru center of fabric including shoulders
- Extend left leg out straight and stretch
- Option to bring bottom leg up and cross it over the right leg
- If steady, bring arms to prayer
- To come out, take left leg to floor and uncover right leg and release to float

Safety

- Be careful to move slowly and gently so as to not overstretch

Flying Canoe xxx ?

Instruction

- Take right foot in fabric
- Slide fabric up to the top of the thigh
- Hold on high
- Sit onto fabric
- Take opposite leg of the floor and fly
- Place left foot on top of right foot

Safety

- Hold on tight and keep body upright with a slight lean back

Side Split

Instruction

- Start with one foot in fabric
- Slide fabric up to the top of the thigh
- Turn body to the left side
- Lean forward toward the floor
- Put hands on floor
- Slide leg out carefully to the front of the room to stretch
- To come out, slide back to the center and stand up

Safety

- Be careful to move slowly and gently so as to not overstretch

½ Split

Instruction

- Start with side split (see xxx)
- Turn to face the back of the room
- Leg faces down
- Place hands on floor
- Let covered leg slide to the front of the room to stretch
- To come out, slide back to center and stand up

Safety

- Be careful to move slowly and gently so as to not overstretch

Hip and Thigh Stretch (Warrior 1)

Instruction

- Place right foot through the fabric and bring it behind the knee
- Hold on with hands high
- Slide right knee forward as far as possible
- Keep left leg planted on floor
- Allow the hips to open and relax to get a deep stretch
- Option to drop down on the left knee to get a deeper stretch.

Safety

- Be careful to move slowly and gently so as to not overstretch
- Just back off of the stretch by pulling on the hammock to pull you back to center

Side leg stretch

Instruction

- Place one foot through the fabric to ankle height
- Take leg out to side and stretch
- Add a side bend toward the extended leg for an additional stretch

Safety

- Be careful to move slowly and gently so as to not overstretch
- Only go as far side as you feel comfortable
- Be sure to hold on to maintain balance

High lunge

Instruction

- Take one foot forward and the other back
- Have both feet facing front
- Bend front knee and make sure knee does not go past toes
- Hold on high to the fabric

Safety

- Be careful to move slowly and gently so as to not overstretch
- Be sure to hold on to maintain balance

Mountain Pose

Instruction

- Stand with feet together and arms down by sides
- Palms facing forward to receive energy
- Tailbone is tucked heart is open
- Root down deep into the earth with your toes
- Squeeze thighs and glutes together bringing everything to the midline

Safety

Hamstring Stretch

Instruction

- Place right foot in fabric at ankle height
- Bend forward at the waist and stretch over toward the right foot
- Inhale and exhale slowly and each time deepen the stretch

Safety

- Hold on and keep core tight to maintain balance

Spinal Twist

Instruction

- Start standing
- Place right foot in fabric at ankle height
- Place left hand in front of the fabric at waist height
- Take right hand to the back wall and look behind you
- Feel the stretch in the right hip and the waist

Safety

- Hold on and keep core tight to maintain balance

Warrior 1

Instruction

- Start standing with fabric behind back
- Hold arms up high
- Step left foot forward, right foot back
- Turn right foot to a 45 degree angle
- Bend front knee to 90 degrees

Safety

- Hold on and keep core tight to maintain balance
- Move slowly and gently to not overstretch

Warrior 2

Instruction

- Start with Warrior 1 position (see xxx)
- Turn hips $\frac{1}{4}$ turn to face the side wall
- Turn right foot to a 45 degree angle
- Bend front knee to 90 degrees
- Make sure knee does not go past toes

Safety

- Hold on and keep core tight to maintain balance
- Move slowly and gently to not overstretch

Warrior 3

Instruction

- Hold onto fabric in front of you
- One leg is extended back straight
- Hips square to floor
- Arms reach to the front of the room
- Flex foot

Safety

- Hold on and keep core tight to maintain balance

Warrior 3 Option

Instruction

- Start standing
- Put right foot in fabric, turn body to face the back of the room and rotate leg to face the floor
- Extend leg straight in the back
- Lean forward and extend both arms out in front

Safety

- Hold on and keep core tight to maintain balance

Triangle Twist

Instruction

- Start in Triangle pose (see xxx)
- Twist toward raised knee hands in prayer
- Bring elbow towards raised knee
- Gaze up to sky

Safety

- Hold on and keep core tight to maintain balance

Bind Split

Instruction

- Start in Triangle (see xxx)
- Straighten leg that is in fabric and stretch over that leg
- Grab foot with hands if possible

Safety

- Hold on and keep core tight to maintain balance

Half Moon

Instruction

- Start with Warrior 2 (see xxx)
- Bring left hand toward floor
- Relax onto fabric for support
- Reach right arm high and hold onto fabric
- Reach right leg up high

Safety

- Keep core tight and hold on to maintain balance

Half Moon Option

Instruction

- Start standing
- Put right foot thru fabric at ankle height
- Turn hips to the side
- Reach left hand to floor and right hand high

Safety

- Keep core tight and hold on to maintain balance
- Beginners may not be able to reach all the way to the floor

Splits

Instruction

- Start with right foot in fabric at ankle height
- Raise arms high
- Go up on toes on the left foot
- Slide right foot forward keeping both legs straight
- Slide out as far as possible without overstretching
- Pull arms back to return to starting position

Safety

- Keep core tight and hold on to maintain balance
- Beginners may not be able to stretch very far and may want to opt out of this one.

Split switch

Instruction

- Start with right foot in fabric at ankle height
- Hold arms high
- Lean back and take left foot off the floor and swing forward
- Extend left foot into fabric and release right foot to floor

Safety

- Keep core tight and hold on to maintain balance
- Beginners may simply want to change feet and not do this switch
- Make sure to hold on tight

Wild Thing

Instruction

- Start in table top
- Put right leg in fabric
- Need more info xxx

Safety

- Keep core tight and hold on to maintain balance

Rockstar Flow

Instruction

- Start in table top
- Put right leg in fabric
- Need more info xxx

Safety

- Keep core tight and hold on to maintain balance

Side Plank

Instruction

- Start with right leg in fabric
- Pull fabric up to hip height
- Turn body to left side
- Bend foreword to floor
- Bend left knee and reach left hand to floor
- Keep right hand on fabric and let it slide down as necessary
- Take left leg straight out to the right side
- Lift leg and try to hook left foot onto the right foot
- Keep hips high and work the obliques
- To come out, take the left foot to the floor
- Get your balance and hold on to stand up

Safety

- Keep core tight and hold on to maintain balance

Triangle

Instruction

- Put right leg in fabric with fabric behind knee
- Turn hips to side
- Bring right arm down and left arm high

Safety

- Keep core tight and hold on to maintain balance

Crescent Lunge

Instruction

- Take right leg back and left leg forward
- Bend the left knee to 90 degrees
- Rise up on the ball of the right foot
- Both knees are facing front
- Hold on to the hammock with arms high for balance

Safety

- Keep core tight and hold on to maintain balance
- Do not overstretch

Yogi Squat

Instruction

- Take feet wide
- Bend knees and lower hips toward floor
- Press knees out with elbows
- Press palms against each other
- Keep spine straight and lift through the crown of the head
- Stay here for 4-5 breaths
- Come out of this pose slowly and carefully

Safety

- Keep core tight and hold on to maintain balance
- Do not overstretch
- Students may not be able to go all the way down and they may need to raise their heels off the floor

Goddess Squat

Instruction

- Start standing with feet wide
- Bend knees into a squat position with knees wide
- Aim to get hips in line with knees
- Return to starting position

Safety

- Keep core tight and hold on to maintain balance
- Do not overstretch

Goddess Squat Heel Lifts

Instruction

- Start in Goddess Squat (see xxx)
- Lift heels up as high as possible
- And lower to floor
- Keep knees out to sides and little toes on the floor

Safety

- Keep core tight and hold on to maintain balance
- Do not overstretch

Standing Side Angle

xxx make sure this and triangle are
different

Instruction

- Take right knee in fabric
- Slide right knee forward to get a good stretch
- Turn hips to side
- Take right arm down and left arm up high
- Twist body toward side wall
- Take gaze up to left hand

Safety

- Keep core tight and hold on to maintain balance
- Do not overstretch

Crescent Lunge Twist

xxx make sure this and triangle twist
are different

Instruction

- Take right leg back and left leg forward
- Bend the left knee to 90 degrees
- Rise up on the ball of the right foot
- Both knees are facing front
- Take arms to prayer position and twist to left over left knee
- Press palms together to aid in twisting
- Gaze toward ceiling
- Open shoulders

Safety

- Keep core tight and hold on to maintain balance
- Do not overstretch

Backbend (Waterfall)

Instruction

- Lie in fabric
- Extend legs and arms out straight
- Take the arms outside of the fabric
- Begin to lean back keeping your abs tight
- Drop the head and relax
- For a deeper stretch, move the fabric to your low back and repeat
- To come out, grab up high, pull your self up slowly

Safety

- Keep core tight and hold on to maintain balance
- Do not overstretch

Backbend

Instruction

- Stand with fabric behind mid back
- Straighten legs and arch the back
- Lean back and let arms reach up high
- Let head relax back

Safety

- Keep core tight
- Do not overstretch

Side Bends

Instruction

- Stand with fabric behind mid back
- Walk backward as far as possible
- Spread feet apart
- Lean back slightly
- Bend to right side with left arm high and right arm low
- Reverse
- Repeat in a fluid flowing motion

Safety

- Keep feet wide to maintain balance

Lateral Lunges

Instruction

- Stand with fabric behind back under armpits
- Take feet wide
- Bend right knee and lower hips into a side lunge position
- Keep left leg straight
- Reverse

Safety

- Keep feet wide to maintain balance

Chair

Instruction

- Start with knees together feet slightly turned in
- Bend both knees and let hips go backwards
- Squeeze knees together
- Arms can hold onto the hammock high or take prayer position

Safety

- Keep feet wide to maintain balance

High Intensity Interval Training (HIIT)

HIIT training is an excellent component that can be added into your Aerial Yoga class. This will help to improve the cardio vascular system, get the blood pumping, blast fat, and add some fun to the class.

Split Jumps

Instruction

- Start standing with feet under hips
- Jump and land with one foot front and one foot back
- Land in a crescent lunge position with front knee bent
- Reverse and repeat for about 30 seconds trying to get your heart rate up

Safety

- Land softly and roll thru feet and bend knees when landing to absorb the impact

Ski Jumps

Instruction

- Start standing with feet under hips
- Jump and bring right foot in front of left with legs fairly straight
- Reverse and repeat for about 30 seconds to get the heart rate up

Safety

- Land softly and roll thru feet and bend knees when landing to absorb the impact

Squat Jumps

Instruction

- Start standing with feet wide
- Bend knees and jump up and straighten legs and point toes
- Return to squat position
- Repeat for about 30 seconds trying to get your heart rate up

Safety

- Land softly and roll thru feet and bend knees when landing to absorb the impact

Criss Cross Jumps

Instruction

- Start standing with feet wide
- Jump and cross right foot in front of left. Jump wide.
- Jump and cross left foot in front of right.
- Repeat for about 30 seconds trying to get your heart rate up

Safety

- Land softly and roll thru feet and bend knees when landing to absorb the impact

Heel Clicks

Instruction

- Start standing with feet wide
- Jump up and straighten legs and point toes
- Click heels together in mid-air
- Return to wide stance
- Repeat for about 30 seconds

Safety

- Land softly and roll thru feet and bend knees when landing to absorb the impact

Inversions

Inversions are the most exciting part of Aerial Yoga. They can be quite scary for the students so be sure demonstrate first and be available to go around to help your students. Remind your students to breathe while upside down to help prevent dizziness. Also, remind them about peppermint oil, ginger, wrist bands as options for those who may get motion sickness. For beginners, limit the amount of inversions in a class and don't keep them upside down for too long.

Baby in Cradle (plow)

Instruction

- Start sitting in fabric
- Hold edges of fabric to make angel wings
- Put the fabric across the top of shoulders
- Make sure not to have a bunch of fabric on the neck
- Lie down and kick feet out and cover the feet with the fabric up to the knees
- Hold onto the fabric near your face
- Bring knees to chest and then pull your feet over your head
- You will be upside down with legs outstretched
- Option – take one leg on top of fabric
- Flip over and land on right leg
- Stretch back into split
- Flip back into fabric and switch legs

Other options

- Flip to warrior
- Flip to warrior split
- Front flip back to seated

Need details xxx

Safety

- Get a spotter to help you with this in the beginning

Flying Plank

Instruction

- Start from baby in cradle pose (see xxx)
- Look forward
- Bring booty in line with chest and make your body into a straight line
- Arch back and keep arms up high behind you

Safety

- Get a spotter to help you with this in the beginning

Bat

Instruction

- Start in baby in cradle pose (see xxx)
- Straighten body out into a straight line
- To come out, roll back into fabric

Safety

- Get a spotter to help you with this in the beginning

Hero

Instruction

- Start in baby in cradle pose (see xxx)
- Pull back up into fabric on knees using your triceps
- Make sure to rotate your shoulders and bring one shoulder thru at a time to protect the shoulders
- lean out and arch back and then pull yourself back to your knees

Safety

- Get a spotter to help you with this in the beginning
- This may be difficult to pull yourself up

Spider Man

Instruction

- Start sitting in fabric
- Bend knees in a marching motion to get fabric up to the top of the thighs
- Using the thumbs, slide hands down the back of the fabric to your hips
- Lock the fabric in place by pressing the thumbs into your hips
- Start to lean back keeping fabric in place
- Release hands to hold on a little higher
- Take legs out wide (Very important)
- Circle them around the side of the fabric nearest your face
- Bend knees and wrap feet around the fabric to lock you in place
- **Safety**
- Get a spotter to help you with this in the beginning
- DO not let legs come thru the center of the fabric or you will fall thru

Chandelier

Instruction

- Start in spider man pose (see xxx)
- Take right leg out to the side and then let it drop behind you
- Bend right knee
- Grab right foot with one or both hands
- p feet around the fabric to lock you in place

Safety

- Make sure one leg is hooked onto the fabric to keep you locked in

Handstand

Instruction

- Start in spider man pose (see xxx)
- Bring hands to floor
- Slide legs up fabric and straighten both legs
- Push with both arms and both legs until you slide into a handstand position
- Take arms out to the sides to enjoy the feeling

Safety

- Make sure legs are wrapped around the fabric to keep you locked in

Circus Seat

Instruction

- Start in handstand pose (see xxx)
- Release arms
- Bend right knee and let the foot drop down behind you
- Do a big sit up and grab the fabric above the right knee
- Continue to climb up and pull yourself up to the top
- Let legs extend out to a straddle
- To come out simply sit back down, open knees
- Hold on in between legs
- Release feet and sit up

Safety

- Make sure legs are wrapped around the fabric to keep you locked in
- Hold on tight

Monkey in a Dress

Instruction

- Start seated in fabric
- Push fabric down to low back with thumbs and lock it into place
- Lean back and take legs super wide
- Wrap legs around the fabric and hook feet
- Do a big sit up and grab the fabric above the right knee
- Continue to climb up and pull yourself up to the top
- To come out simply sit back down, open knees
- Hold on in between legs
- Release feet and sit up

Safety

- Make sure legs are wrapped around the fabric to keep you locked in
- Hold on tight

Circus Seat Roll Down

Instruction

- Start in circus seat (see xxx)
- Grab on with both hands to the left side
- Roll forward gently
- Let the left knee grab onto the fabric
- Take the right leg out straight
- Lower upper body towards floor
- Release hands and enjoy a beautiful stretch
- To come out, take left leg out, hold on and sit up

Safety

- Make sure legs are wrapped around the fabric to keep you locked in
- Hold on tight
- Move slowly and pay attention to what you are doing

Circus Seat Flip

Instruction

- Start in Circus Seat (see xxx)
- Change grip to elbows up, palms facing the back of the room
- Lean forward, tuck head, and flip all the way around
- Pull up to starting position
- This works best going fast to gain momentum

Safety

- Get a spotter for this
- This takes a lot of upper body strength

Inverted Sit Ups

Instruction

- Start in spider man pose (see xxx)
- Do a crunching motion and reach up above feet
- This can also be done from a handstand position

Safety

- Make sure legs are wrapped around fabric so you are locked in

X Pose

Instruction

- Start with fabric behind the low back
- Hold fabric with thumbs by hips
- Walk backwards as far as possible
- Lock fabric in place
- Walk forward and lean back
- At the same time take legs out wide and let head hang down towards the floor
- You can try grabbing your toes for a straddle stretch
- You can swing for a nice spinal decompression

Safety

- Make sure to hold on and legs are wide with fabric at low back

Shooting Star

Instruction

- Start with hammock behind low back
- Lock fabric in place with thumbs at hips
- Lean back and take legs wide
- Hook right foot on the right side of fabric
- Do a big sit up and pull yourself up
- Press both legs thru the hammock
- Straighten the right leg and take it out to the side
- and then bend the opposite leg

Safety

Flying Shoulder Stand

Instruction

- Sit in fabric
- Grab edges of fabric to make angel wings
- Lie down and cover shoulders
- Make sure there is not a lot of fabric around neck
- Bring knees to chest
- Then bring feet above the hands
- Slide legs up the fabric and straighten out your body
- You should be upside down with head facing floor and feet facing ceiling
- To come out, simply bend at the hips and lie back down

Safety

- Make sure shoulders are covered

Flying Shoulder Stand 2

Instruction

- Put fabric around the back of your neck
- Take arms up and then thru the middle of the fabric
- Lean forward and reach arms up to grab the fabric behind you
- Take a hop and bring hips toward the ceiling
- Extend legs straight up
- You should be upside down with head toward the ground and feet toward the ceiling
- To come down, bring feet to floor

Safety

Standing in Hammock

Standing in the hammock can be fun and exciting. Make sure that the students hold on tight. Give them the option to do a similar pose on the floor if they are not up for it.

Butterfly

Instruction

- Stand with both feet in fabric. Make sure heels and toes are uncovered.
- Hold on tight
- Let hips fall backward a little bit, open knees and let knees open on the back side of the fabric.
- Slide down so that your bottom is resting on your feet. Bottoms of the feet are together.

Safety

- Hold on tight and don't let go
- Engage abs
- Stay calm

Hanging ? xxx

Instruction

- Stand with both feet in fabric. Make sure heels and toes are uncovered.
- Hold on tight
- Take right foot out and wrap around back of fabric and thru.
- Repeat on Left
- Hang with hands in prayer

Safety

- Hold on tight and don't let go
- Engage abs
- Stay calm

Candy Cane

Instruction

- Start standing in hammock
- Face body to the right side
- Hold hammock close to body
- Take left leg out and swing knee through fabric making a full circle with body
- Lean back, kick the fabric down to the ankle and then make another circle with body
- End with one leg bent

Safety

- Hold on tight and don't let go
- Engage abs
- Stay calm

Hanging leg lift

Instruction

- Need info xxx

Safety

- Hold on tight and don't let go
- Engage abs
- Stay calm

Pistol Squats

Instruction

- Stand with both feet in fabric.
- Take one leg out in front with straight leg
- Bend opposite leg and slide down to a squat position
- Return to starting position, reverse on other side
- Option – do pistol squats standing on floor with a wrist wrap

Safety

- Hold on tight and don't let go
- Engage abs
- Don't go too low if it causes any discomfort

Split Flip

Instruction

- Start standing in fabric
- Take one leg forward
- Hold fabric by hips
- Start to lean back keeping that right leg extended
- Aim to make an upside down split in the air
- Then bring right leg to the floor followed by the left

Safety

- Hold on tight and don't let go
- Engage abs
- Get a spotter. This one can be scary

Hanging Wrist Wrap

Instruction

- Start with fabric behind the back
- Wrap arms around the back to the front two times
- You may want to pull the fabric down the arms a little bit
- Hold on high
- Jump and tuck knees into chest
- Lean back and extend legs straight up
- To come down, bring feet to floor

Safety

- Hold on tight and don't let go
- Engage abs

Backbend Seal

Instruction

- Start in circus seat (see xxx)
- Push both legs down
- Take hands overhead
- Arch back and take legs out behind you

Safety

- Hold on tight and don't let go
- Engage abs

Inverted Butterfly (Bound Angle)

Instruction

- Start from the butterfly position (see xxx)
- Change grip so that your palms are facing the back of the room and your elbows are as high as possible to prevent them from getting caught in the fabric
- Lean forward and hang upside down
- Try clasping hands behind back for a nice shoulder stretch
- Try clasping elbows overhead for a wonderful spinal decompression
- Try putting hands behind back and touching palms together

Safety

- Keep hands high so they don't get caught in the fabric

Inverted Butterfly (Dismount)

Also called Queen B

Instruction

- Start from the butterfly position (see xxx)
- Change grip so that your palms are
- Lean forward and hang upside down
- Hold on to fabric
- Pull knees together and flip thru fabric
- Open knees

Safety

- Keep hands high so they don't get caught in the fabric

Floating Tree

Instruction

- Step one foot into fabric making sure heel and toe are still showing.
- Hold on high and pull yourself up to a standing position
- Take 1 leg out the back side of the hammock and around to the front
- Bend 1 knee and bring the foot to the side of your right leg above or below the knee joint. Keep knee turned out.
- Take 1 elbow in front of fabric for a counter balance.
- If you feel safe, bring your hands to prayer position

Safety

- Hold on tight

Manta Ray

Needs work

Instruction

- Step one foot into fabric making sure to hold on
- **Step other foot in**
- **Go into floating tree pose see xxx**
- **Turn out toes on the passe side**
- **Kick foot out to side and push fabric to arch of foot**
- **Take other foot out and let it hang down**
- **Push fabric around lower back**
- **Lean back slowly holding on with one hand high and other by leg**
- **Can grab foot if safe**
-
- **Safety**
- Hold on tight

Pegasis

Needs work

Instruction

- Step one foot into fabric making sure to hold on
- **Step other foot in**
- **Go into floating tree pose see xxx**
- **Turn out toes on the passe side**
- **Kick foot out to side and push fabric to arch of foot**
- **Take other foot out and let it hang down**
- **Push fabric around lower back**
- **Lean back slowly holding on with one hand high and other by leg**
- **Can grab foot if safe**
-
- **Safety**
- Hold on tight

Surfer

Instruction

- Start from standing position
- Take right leg to the side and press firmly with your right foot. Take the left leg out to the side and press firmly with your left foot. Feet should be about 2 feet apart. Bend one knee at a time to create a rocking motion side to side. Hold on tight and have fun.

Safety

- Hold on tight

Jeannie in a Bottle

Instruction

- Start standing on floor
- Grab the opposite sides of the fabric and reverse them to make an “X”
- Put right foot in fabric
- Pull the fabric tight around the foot
- Pull yourself up to a standing position
- Take left leg thru the middle of the fabric
- Cross left leg over right and bend both knees and sit down
- Bring hands to prayer position
- To come out, stand and take left foot to floor

Safety

- Hold on tight
- Back off if you feel any discomfort

Jeannie Backbend

Instruction

- Start from Jeannie in a Bottle (see xxx)
- Take bent leg and straiten it out
- Take straight leg and bend it
- Hold on tight
- Arch back and do an upside down backbend position
- You can have one knee bent or go to a split position
- To come out, sit up and step down

Safety

- Hold on tight

Man in the Moon

Instruction

- Stand facing the side
- Sit on the fabric with Right knee bent
- Hold hands overhead behind you
- Bring left foot up above right
- Then bring right foot above left and balance
- Step down carefully 1 foot at a time

Safety

- Hold on tight

Coffin

Instruction

- Start with Man in the M
(see xxx)
- Straighten legs out and
lie down
- Place the shoulder on
one side of the hammock
- Hold on overhead

Safety

- Hold on tight

Cupid

Instruction

- Stand with fabric in front of you. Place one leg into fabric and pull it up to top of thigh. Hold onto fabric closest to inner thigh. Lean back and spin toward the center and bring standing leg through the middle. You should end up flying in the air with one leg wrapped and the other free.

Safety

- Hold on tight
- Pull the fabric close to the body

Sea Horse

Instruction

- Stand with fabric in front of you. Place one leg into fabric and pull it up to top of thigh. Bend that leg into a semi-bent position
- Hold onto fabric opposite wrapped leg
- Pull up and kick opposite leg up and thru the middle
- End with wrapped leg bent and other leg in passe above it Push fabric away for comfort

Safety

- Hold on tight
- Pull the fabric close to the body

Sea Horse Flow needs work

Instruction

- Stand with fabric in front of you. Place one leg into fabric and pull it up to top of thigh. Bend that leg into a semi-bent position
- Hold onto fabric opposite wrapped leg
- Pull up and kick opposite leg up and thru the middle
- End with wrapped leg bent and other leg in passe above it Push fabric away for comfort

Safety

- Hold on tight
- Pull the fabric close to the body

Rib Hangs

This section contain poses where the hammock is behind the back and under the armpits. It is suggested that students wear sleeves to prevent rubbing and to keep the hammocks sanitary.

Ninja Swing

Instruction

- Hang with fabric behind mid back. Swing forward and at height of swing, kick both legs out front and yell “Kiahhh” like in karate.

Safety

- Hold on tight, engage core

Body Circle

Instruction

- Stand with fabric behind back under armpits
- Bend one knee and start to rotate in a circle with the entire body. Let your upper body relax onto the hammock. Repeat 5 times right and 5 times left.

Safety

- Hold on tight, engage core

Chair Seat

Instruction

- Start with fabric behind back
- Bend knees as if you were sitting in a chair
- You are supported by the fabric under your shoulders
- Cross right leg over left for a great hip stretch
- Let hips drop down
- Uncross leg and extend it in front of you
- Take the right leg up and down making sure to squeeze the quadriceps muscle. Repeat several times

Safety

Front and Back Plank

Instruction

- Start with fabric behind back
- Bend knees as if you were sitting in a chair
- You are supported by the fabric under your shoulders
- Straighten both legs and lean the body back to a back plank position on a diagonal
- Then bend the knees and swing body forward to a front plank keeping body in a straight line on a diagonal

Safety

- Keep core engaged to protect the back

Mountain Peak

Instruction

- Start with fabric behind back
- Straighten both legs and lean the body back to a back plank position on a diagonal
- Bring arms up overhead in line with the ears
- Bring hands together

Safety

- Keep core engaged to protect the back

Airplane/Pistol Squat

Instruction

- Start with hammock behind mid back. Swing one leg behind you straight and balance by leaning onto the fabric. Then stand and swing one leg forward and fall back into fabric with that one leg lifted high.

Safety

- Keep core engaged
- Squeeze glutes

Lotus Hang

Instruction

- Start with fabric behind back. Hang from armpits. Try to bring both legs up with one crossed over the other and hang.

Safety

- Keep core engaged
- This pose may not be accessible to all students due to flexibility

Standing Backbend

Instruction

- Start with fabric behind back. Hands up high. Lean back and let head hang down for a back stretch.

Safety

- Keep core engaged

Spinning Bunny

Instruction

- Fabric behind back. Hands up high. Hop in a circle and spin a few times. Then lift feet off floor and spin the opposite direction keeping feet off floor.

Safety

- Keep core engaged
- This is not recommended for people who get dizzy easily

Spinning Dancer

Instruction

- Fabric behind back. Hands up high. Hop in a circle and spin a few times. Then lift feet off floor and spin the opposite direction keeping feet off the floor. This time, arch back and let head hang back. Grab feet.

Safety

- Keep core engaged
- This is not recommended for people who get dizzy easily
- You need hammock to be fairly high for this one

Toning Moves

The entire Aerial Yoga class is filled with moves that tone and stretch the entire body. Here are just a few that I feel are especially good for toning.

Leg lifts from chair

Instruction

- Start with fabric behind mid back and bend knees as if sitting in an imaginary chair.
- Chair leg stretch (figure 4)
- Start with fabric behind mid back and bend knees as if sitting in an imaginary chair. Cross one leg over with knee dropping to side. Press lightly on knee to increase stretch

Safety

- Engage abs and hold on to maintain balance

Push Ups

Instruction

- Start in plank position (see xxx)
- Bend elbows to push up position and then straighten
- Keep core tight
- repeat

Safety

- Keep core tight and don't let back sag
- This is a very difficult move
- Beginners can do this on the floor from their knees

Side Leg Lifts

Instruction

- Stand behind fabric and hold on
- Lift leg to side keeping knee straight
- Return to center
- Repeat

Safety

- Engage abs and hold on to maintain balance

Swings

Instruction

- Bring the fabric behind the mid back. Hold on high. Lift feet off of floor, bend knees into chest and swing forward without touching feet to floor. Try one swing, then two, then 3.

Safety

- Engage abs and hold on to maintain balance

Squats

Instruction

- Bend knees and squat down. Weight is back in the heels. Chest is lifted. Press into the feet to come to standing squeezing glutes and abs.
- Repeat

Safety

- Engage abs and hold on to maintain balance

Curtsy Squats

Instruction

- From standing position, take one leg crossed behind the other and go into a squat. Limit range of motion if there is any pain.

Safety

- Engage abs and hold on to maintain balance

Arabesque Knee Lift

Instruction

- From standing position, take one leg out to an arabesque
- Hold on to hammock in front of body. Lean body forward and extend arms out straight
- Return to standing upright and bring knee into chest contracting the abs
- Bring arms close to body

Safety

- Engage abs and hold on to maintain balance

Arabesque Squat

Instruction

- From standing position, take one leg out to an arabesque and then bend both knees and cross behind the other and go into a squat. Limit range of motion if there is any pain.

Safety

- Engage abs and hold on to maintain balance

Standing Pistol Squat

Instruction

- Fabric behind back, one leg extends out in front of you. Hold onto the fabric as you squat down and keep that front leg lifting high. You can lean back into the fabric for support.

Safety

- Engage abs and hold on to maintain balance

Rear Leg Lifts

Instruction

- Stand Holding onto fabric.
Extend leg back with straight leg. Squeeze glutes
- A slight forward bend of the upper torso is acceptable.

Safety

- Engage abs and hold on to maintain balance

Sit ups

Instruction

- Lie on back Holding onto fabric
- Engage core and sit up
- Reach forward for a stretch
- Lower back to floor
- Repeat

Safety

- Engage abs and hold on to maintain balance

Just For Fun

Fun is what we need more of in our lives. So be sure to add some of these poses into your class.

Swing

Instruction

- Start with fabric behind you. Place thumbs in front edge of fabric. Gather a few handfuls. Press down and have a seat. Pull fabric under knees for comfort. Pump knees out and in to get a swinging motion going.
- Have fun and feel like a kid again

Safety

- Hold on

Super Woman

Instruction

- Stand behind fabric. Grab the front edge. Gather up a few handfuls. Put one knee in the fabric. Reach thru the fabric and grab the front edge of the fabric.
- Do a hop and dive forward into the fabric straightening out the body
- Extend arms out straight like super man flying.

Safety

- Make sure to straighten out the knee and the fabric as you dive through

Speed Skater

Instruction

- While in super woman pose, bend knees so that feet are facing up to the ceiling so that you don't bump into someone. Start to swing arms vigorously side to side so that your body will swing side to side. Try to high five your neighbor.

Safety

- Bend knees and have feet to ceiling so you don't kick someone behind you

Seated Poses

Seated Poses are those where the student is seated in the fabric. It is important to demonstrate how to get into the hammock safely. It can be a little scary for new students.

Staff Pose

Instruction

- Sit in fabric
- Sit up tall, extending thru the spine
- Flex the toes and feel the stretch thru the hamstrings
- Shoulders are back and down
- Gaze is forward

Safety

- Keep core tight
- Do not overstretch

Backbend

Instruction

- Start sitting in fabric
- Bring fabric behind back
- Lean back with the heart open
- Relax your body and breathe

Safety

Kundalini Lotus

Instruction

- Start in straddle position (see
- xxx)
- Reach to peace finger around big toes
- Option to start breath of fire

Safety

- Breath of fire can bring up intense emotions so make sure students are prepared

Boat

Instruction

- Sit in fabric. Hold on and lean back slightly. Bend knees and lift them 45%. See if student can extend and straighten legs. Option to let go and reach forward. Engage core.

Safety

- Make sure the fabric is behind your back as you lean back

Pigeon

Instruction

- Bend right knee and bring right foot in front of body
- Take left leg out straight behind you
- Take head towards the floor and stretch arms out in front

Safety

- You can keep body upright or fold forward over your leg depending on your comfort level

Bow

Instruction

- Start from Backbend (see xxx)
- From the backbend position, bend knees and grab feet.

Safety

- Remind students that not everyone will be able to reach their feet

Mermaid

Instruction

- Start from Sitting in fabric
- Cover Feet
- Hold onto right side of fabric and gather it together with 2 hands
- Pull up and twirl around the outside of the fabric and thru the middle
- Pull fabric up to waist
- Have a seat
- You should have a mermaid tail

Core Poses

Plank

Instruction

- Start on hands and knees
- Look back toward hammock and put right leg in fabric
- Then put left leg in fabric
- Be sure to keep abs tight and not let the back sag
- This can be done on hands or on elbows

Safety

- Keep core tight and don't let back sag
- This is a very difficult move
- Beginners can do this on the floor from their knees

Wag your tail

Instruction

- Start on hands and knees
- Look back toward hammock and put right leg in fabric
- Swing the leg side to side like a dog wagging it's tail

Safety

- Keep core tight and don't let back sag

Pike

Instruction

- Start in Plank position (see xxx)
- Lift hips to a 90 degree angle
- Keep abs engaged
- Return to plank position
- It may be helpful to place hands around head for support

Safety

- Keep core tight and don't let back sag
- Beginners will need a spotter

Plank headstand/handstand

Instruction

- Start in Plank position (see xxx)
- Lift hips to a 90 degree angle
- Keep abs engaged
- Take one leg up to ceiling
- With help of a spotter, take other leg up to ceiling
- Keep body tight
- Take one leg back into fabric at a time
- Return to plank position
- It may be helpful to place hands around head for support
- This can be done on hands for handstand or on elbows for headstand

Safety

- Get a spotter to help you with this in the beginning

Cheetah

Instruction

- Start on floor with both feet in hammock
- Bring one leg out of fabric and knee to nose
- Straighten leg back
- Repeat
- Alternate sides
- (Can also try knee to shoulder)

Safety

- Keep core tight and don't let back sag

Knee Lifts

Instruction

- Start standing with fabric behind back under armpits
- Wrap wrists around once and grab on
- Lift knees to chest and hold

Safety

Plank KneeTaps

Instruction

- From plank position with only one foot in fabric, bring foot that is on the floor up to touch the other foot and lower down to floor.

Safety

- Keep core tight and do not let the back sag

Plank SideTaps

Instruction

- One foot in fabric plank position. Extend free leg out to side and then back to touch the other foot. Be sure to keep abs tight and lifted.

Safety

- Keep core tight and do not let the back sag

Leg Circles

Instruction

- Start lying on back
- Raise legs up straight to 90 degrees
- Make circles with your feet around the fabric
- Do 8 to the right and 8 to the left
- Keep core engaged

Safety

- Keep core tight and do not let the back sag

Leg Drops

Instruction

- Start lying on back
- Hold onto hammock
- Raise legs up straight to 90 degrees
- Lower down slowly
- Keep core engaged

Safety

- Keep core tight and do not let the back sag

Flips

Front flip into hammock

Instruction

- Stand with hammock behind back
- Hold on high with arms behind you
- Flip forward and land sitting in fabric

Safety

- This is not for beginners

Front Walkover

Instruction

- Stand with hammock behind back
- Hold on high with arms behind you
- Flip forward keeping body straight at first and Kick right leg up first
- Keep legs in a split position
- Arch the back
- Land Right foot and then left

Safety

- This is not for beginners

Angel Flip

Instruction

- Sit in fabric. Hold on. Bring feet over head and toward the floor. Once feet hit the floor, then stand up.

Safety

- Make sure to hold on tight
- Make sure feet hit floor before standing up

Front Flip

Instruction

- Hold onto the fabric behind your back,
- flip forward and land on feet

Safety

- Make sure to hold on tight
- This is not for beginners

Back Flip

Instruction

- Sit on fabric
- Lean back and tuck knees to chest
- Hold onto fabric
- Bring feet over head and land on floor
- Stand up

Safety

- Make sure to hold on tight

Lunge Flip

Instruction

- From a lunge position, hold on, kick up and curl body into a c shape. Flip over the hammock. Slide down till hips are on the fabric and then straighten out into a locust pose.

Safety

- Make sure to hold on tight

Circus Seat “Oh Shit” Flip

Instruction

- Start in circus seat (see xxx)
Push legs down and pull arms up. Flip forward and land with feet on floor.

Safety

- Make sure to hold on tight
- Make sure you are high enough so that head is at least 6 inches from floor.

X Man

Instruction

- Sit in fabric. Turn to the back of the room and cross the fabric to make an X. Flip up and over feet come thru the X and you end up in a high locust pose. To come out, flip forward.

Safety

- Make sure to hold on tight

Double Butterfly

Instruction

- Stand in front of fabric. Hold front edge up over your head. Put it on your shoulders like a cape. Walk backwards. Cover up your elbows by lifting the elbow up in the air and wrapping it in the fabric. Repeat on other side. Take a bow and then slide hands up the edge of the fabric. This is the most difficult part for most people. Then hop and flip body into fabric
- Land in seated position with arms out like a butterfly
- To come out, lie down and bring feet over head and flip out.
- Extend arms like a butterfly

Safety

- Make sure to hold on tight
- Make sure elbows are wrapped properly
- Make sure hands are in the proper position
- This is not a beginner move

Relaxing Poses

This section is for all of the wonderful opportunities to relax in the hammock. These are some of my favorites.

Deer Pose

Instruction

- Start sitting in fabric in straddle position (see xxx)
- Bend right knee and bring foot in front of body
- Bend left knee and bring foot in back of body
- Stretch gently

Safety

- Be careful not to overstretch

Straddle Pose

Instruction

- Sit in fabric with legs out wide facing sideways.
Push arms out wide to increase the stretch

Safety

- Be careful not to overstretch

Saddle Pose

Instruction

- Start by stepping over the fabric and having it between your legs. Grab the fabric in the center. Pull one half to the right under your knee and sit on it. Then do the same on the left.
- You may have to readjust if the fabric is not even on both sides

Safety

Hamstring Stretch

Instruction

- Start with Saddle pose. (see xxx). Gather fabric in front of you and then Push away fabric and put one foot up at a time on the bunched up fabric.

Safety

- Bend knees if this causes discomfort
- Not all students will be able to put their feet up

Floating Child's Pose

Instruction

- Sit in the fabric. Take arms up through the middle and out the back of the fabric. Let them rest down to your sides. Drop head and relax.

Safety

- Be sure that arms are behind fabric

Cacoon (Bound angle)

Instruction

- Start from straddle stretch. (see xxx). Bend knees and bring bottoms of feet together. This will bring you into your own private bubble. Relax and enjoy a few deep breaths.

Safety

Leg Stretches

Instruction

- Lie flat in fabric. Bring one knee to chest and hold onto it and hold it for a few breaths. Reverse. Do the same with a straight leg. Straighten leg up and pull it gently toward you.

Safety

- Do not overstretch

Happy Baby

Instruction

- Lie flat in fabric. Grab onto both feet, bend knees and open them out to sides. Let the thighs come close to the body.

Safety

- Do not overstretch

Flying Swan

Instruction

- Lie in fabric. Turn to one side, bring arms out overhead, bend in half and touch toes then arch back

Safety

- Do not overstretch

Savasana

Instruction

- Savasana is the final resting pose in a yoga class. The name is derived from the Sanskrit word “Shava”, which means corpse.
- Lie in hammock and cover entire body from head to toe. Relax and enjoy this wonderful opportunity in the cocoon.
- Take a few deep breaths and then let them out.
- The Savasana pose brings closure to your yoga session, promotes deep relaxation, and helps your mind and body assimilate the previous yoga poses so you can reap their many benefits.

Safety

- Let entire body and mind relax
- If you feel any discomfort, feel free to come out of the hammock and relax on the floor.

Sample Beginner Class

Sample Intermediate Class

Other available courses

Yoga For Golfers