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*Granted, at the time of this writing, this aerial yoga manual series remains to be the

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first and only book written on aerial yoga. I mean multitude by way of everything surrounding aerial yoga. It wouldn't surprise me if, in the coming decade, aerial yoga became as ubiquitous as yoga itself.

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by Jen Healy after she was inspired to build “ Quantum Playground ’ s ” for adults to teach them how to play in a way that was healing for the body, uplifting for the mind, and energized the spirit as well as awaken the courageous inner child that lives in all of us. Since 2014, she has trained and certified over 150 people from all over the world.

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AerialYogaRx | AerialYogaRx

With over 300 detailed pictures, this step-by-step manual covers all the basics of a first course in aerial yoga. Pigeon, bow, frog, plank and more than forty other moves are described using the fabric as an assisting tool. Moves are done both in conjunction

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The Aerial Yoga Sequence: 9 Poses to Defy Gravity | Yoga ...

Rebekah Leach is an aerial dancer who is very passionate about creating aerial dance art, as well as teaching and promoting creativity in others. ... in my head and everywhere since I started and one day it was also my idea to put a manual together! I'm

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afraid I'm more the creative type than the
logistics of typing it all out and laying it out

...

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The Aerial Yoga Manual Volume 2 by
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AntiGravity Fitness is the leader & pioneer in antigravity yoga. We offer aerial yoga training courses, manuals, & equipment for enthusiasts & instructors.

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