



Aerial Yoga

La Vita is excited to be bringing Aerial Yoga classes to our members and the community **Summer 2019**.

What is Aerial Yoga?

Deepen your yoga practice with the support of the aerial silk hammock. In this unique style of yoga, you'll explore some familiar shapes and postures in new planes helping you bend a bit deeper and move with ease using the hammock as a prop.

Class Options

■ **Introduction to Aerial Yoga:** All members interested in Aerial Yoga must first attend Introduction to Aerial Yoga, regardless of prior Aerial Yoga experience. This class is meant for students to build a trusting relationship with the hammock and instructor and learn how to move in and out of the hammock through a slow flow style.

- Introduction Class: 1st class is FREE for ages 12+ (12-13 years must attend with parent)

■ **Aerial Yoga Restorative:** This experience will provide the body a cocoon of support as you stay closely connected to your mat, yet allows elevation, lift, and support in various asanas. The restorative classes offer rejuvenation to the nervous system, relaxation, and deep muscular releases.

■ **Aerial Yoga Flow:** The class will focus on vinyasa flows with warrior sequencing as well as lengthening the muscles through deep stretches.

■ **Aerial Yoga in Flight:** The class will begin with a gentle warm up, connection to the breath, followed by some focused flow work, and then lift off time to explore a new perspective!

A variety of weekly classes will be offered. Reserve your spot ahead of time by calling Member Services (608-745-3800) or the Fitness Office (608-566-1846). Reservations can only be made after a class/classes have been purchased.



	Member	Community Member	
	Fee	Fee	Valid
1 Class	\$15	\$25	1 month
8 Classes	\$104	\$184	3 months
16 Classes	\$176	\$336	3 months
24 Classes	\$216	\$456	5 months

No refunds. 24-hour cancellation notice required for the class to not be pulled from your package.

See Group Fitness schedule, App or website for current Aerial Yoga class offerings.

