

LEVITATION

AN INTRODUCTORY COURSE



About This Course

This course is an introduction to the basics of Aerial Yoga. This course is broken down to help you build confidence so you can enjoy a safe and easy to follow levitation class.

A levitation class is a yoga class taught with the body (or parts of it) supported by a Yoga swing suspended from the ceiling. Using the swing can help you go deeper into your yoga practice as it help you:

- rediscover poses you've practiced many times before
- go deeper into poses
- make easy poses more challenging
- achieve poses you could not before
- heal back and neck aches using traction
- awaken and nurture your inner child

Time: 7-8pm

Saturdays and Mondays

Starting 14 Sep 2019

Price BD45 (6 classes)

Teacher: Maryam Almutawa

To book: Call 17591565