



## ARIEL YOGA FOR SPECIAL KIDS

**When:** Saturday, April 21, 2018

**Time:** 2:30- 3:30 p.m. Please arrive 10 minutes early.

**Where:** *In Balance Yoga*, 1512 N. Main St. Blacksburg 540.961.1030

**What:** *In Balance Yoga* has 14 Aerial Hammocks with a double attachment point hung from four ceiling steel beams. For students with little to no experience with Aerial Yoga. Learn the basic skills with us! Experience the feel of the hammock, learn proper alignment, and practice safe entry on and off hammock. Introduction to aerial poses, simple flowing sequences & basic inversions. Strengthen upper body muscles and develop core strength. The hammock is suspended at hip height – release chronic tension, experience “lightness” and have a lot of fun!

- Beginner Friendly
- No Heat
- No Humidity
- No tanks tops or jewelry, must be short or long sleeves
- No yoga mat required

**Who:** Ages 6-16 are welcome.

**Fee:** Monetary donations will be accepted in support of *The ARC of the NRV*

**For registration:** Contact Nicole at *In Balance Yoga* 540.961.1030