

Here are some tips to help you avoid accidents or injuries and to make your Aerial Yoga experience and enjoyable one:

Wear form-fitting, but comfortable, clothes. Loose or baggy clothing can make it difficult to move and has the potential to get snagged or tangled in the hammock's mechanisms. **All shirts *must* cover the armpits and pants *must* cover the knees. Additionally, zippers and jewelry are not allowed, as they can snag the fabric.** This also includes untrimmed fingernails and toenails.
(Wedding bands with no stones and some stud earrings will be permitted.)

Go barefoot. You'll feel more comfortable moving around in the hammock this way.

Drink plenty of water, and eat a light meal. This will prepare you for the intensity of the workout ahead.
It is best to not practice Aerial Yoga on a full stomach. We suggest having a light meal at least two hours prior to class.

Avoid soft drinks and other acidic liquid before class. These might cause unpleasant feelings in your gut when performing the upside-down movements.

Do not use hand lotion or strong perfume. The scene from the perfume might stick to the hammock, and the lotion will make it harder for you to maintain your grip.

Motion sickness. If you tend to suffer from motion sickness, you might consider taking something beforehand or wearing a wristband designed to ease motion sickness. Most people don't have issues during class, but you should be aware that it is a possibility.

Last but not least. Come with an open mind, an open heart and ready to have fun!

Can't wait to fly and float together!

