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## **Aerial Yoga Manual**

\*Granted, at the time of this writing, this aerial yoga manual series remains to be the first and only book

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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.

## **The Aerial Yoga Manual Volume 1**

The Aerial Yoga Manual  
Volume 2 by Rebekah  
Leach (2013) Spiral-  
bound Rebekah Leach.

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4.0 out of 5 stars 7.  
Spiral-bound. 4 offers  
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Manual Vol.1:  
Rebekah Leach:  
9780557288380 ...**

The Aerial Yoga Manual  
Volume 2 Covering  
more than fifty moves,

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this is the second and slightly more advanced volume in the Aerial Yoga series. With detailed descriptions and pictures at every turn, moves such as handstands, back arch poses, and planks are explained step-by-step.

## **Shop (Manuals) - Aerial Dancing by Rebekah Leach**

The Aerial Yoga Manual  
Vol. 1 This is a spiral-  
bound manual with

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over 300 illustrated pages detailing different poses. It's perfect for both students and instructors who are serious about learning aerial yoga. If you're familiar with floor poses and want to adapt them to perform using a swing or hammock, then this book is perfect for you!

**Best Aerial Yoga  
Books of 2020 |**

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Aerial Yoga Manual,  
4th Edition, for  
Students and Teachers.  
With over 100 poses,  
this manual breaks

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down cuing, adjustments, and variations for all basic yoga poses translated into the aid of the aerial silk hammock. This manual focuses on how to teach effectively, with guidance and best practices, along with brief practical work.

## **BOOKS - Aerial Yoga Girl**

Aerial Yoga: The  
Beginner's Guide to the

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Aerial Hammock By  
Andrea Karwandy |  
October 16, 2015 The  
aerial arts can be done  
in many forms, one of  
which is being in the  
hammock. Yoga  
hammocks are used for  
Anti-gravity or Aerial  
Yoga, and the soft  
fabric of the hammock  
assists you in  
maintaining proper  
alignment and  
deepening your bodily  
awareness.

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## **Aerial Yoga: The Beginner's Guide to the Aerial Hammock**

Yoga Postures Step-by-

Step 1. The Sun  
salutation -

Suryanamaskar

Posture: Surya-  
namaskar - Sun

Salutation Translation:

The Sanskrit word  
surya means sun.

Namaskar is the Hindi  
word for Namaste,

from the root nam , to  
bow. Namaskar means

salutation, salute,

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greeting or praise.

Pronunciation: soor-ye-  
ah-nahma-skar

Difficulty: (3)

## **Yoga Postures Step By Step - Aryasamaj**

Our Aerial Yoga  
Teacher Training and  
Aerial Yoga Manual,  
along with over 30 full  
length Aerial Yoga  
Sequences and offering  
Live Aerial Yoga  
classes year round! --  
all help build a safe  
and intelligent

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curriculum for both students and teachers of flight.

## **Aerial Yoga Girl - Home**

If your are a complete beginner with zero Yoga Teaching qualifications, you can enrol in our Aerial Yoga training. We offer a strong, supportive foundation, quality manual, easy to follow downloadable training videos with a visual

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step by step guide  
demonstrating on how  
each pose is  
conducted.

## **Aerial Yoga Academy**

Instruction Manual  
Aerial Silks Complete  
Setup Fabric Tissu  
Hardware Carabiner  
Rescue8 Terminal8  
Swivel Aerial Yoga  
Hammock Lyra Trapeze

## **Providing Hardware For Flight - Aerial**

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## **Essentials**

"Your books have become one of my most valuable teaching resources. Both the aerial hoop books were fantastic, and I hope that eventually there will be a third. Your silks book was also extremely helpful, so I'm looking forward to seeing what the intermediate manuals have to offer."

## **Aerial Dancing**

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Aerial Yoga Hammocks;  
ONLINE COURSES.

Aerial Yoga Goddess  
Pose Manual; Get  
Certified as a 200 Hour  
Aerial Yoga Goddess!  
Sexy, High Vibe &  
Wealthy; Bo\$\$ Bitch;  
Flips and Tricks Bundle;  
Aerial Shred; Aerial  
Shred Manual; Aerial  
Yoga Goddess  
Signature Video  
Sequences to be a  
more inspirational  
teacher; AERIAL YOGA.

AERIAL YOGA  
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SEQUENCES; Flips ...

## **Aerial Yoga Goddess - Aerial Yoga Teacher Training**

Browse the latest selection of aerial dance instruction manuals written by Rebekah Leach. All manuals feature step-by-step detailed descriptions of an entire curriculum's worth of moves.

Pictures are detailed and show every step.

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## **Aerial Arts Instructional Manuals by Rebekah Leach**

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Customer reviews:  
The Aerial Yoga**

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## **Manual Vol.1**

Aerial Yoga Poses and Sequences  
Aerial Sling and Hammock Moves  
Aerial Silks Climbs  
Aerial Silks Foot Lock Moves  
Aerial Silks Body Wraps  
Aerial Silks Drops  
Aerial Silks Sequences  
In addition, Aerial Silks moves, wraps, and skills are broken down for you to supplement your aerial training under the supervision of a trained professional.

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## **Aerial Fit TV - Home**

Aerial yoga combines acrobatic arts and anti-gravity asana, but it's also an accessible practice that can help you find more length in your spine and safe alignment in your poses. Flying yoga—forms in which you're suspended off the ground Cirque du Soleil-style—may have seemed faddish at first, but it's still gaining

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momentum.

## **Learn To Fly with Aerial Yoga | Aerial Yoga 101| Yoga ...**

Covering more than fifty moves, this is the second and more advanced volume in the Aerial Yoga series. With detailed descriptions and pictures at every turn, moves such as handstands, back arch poses, chest openers, hip openers and planks

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are explained step-by-step. Teachers and students alike will enjoy having this manual in their resource library.

## **The Aerial Yoga Manual Volume 2 by Rebekah Leach ...**

The best aerial yoga manual available today. Perfect for beginners, advanced, and teachers. This guide helps you understand your aerial

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yoga practice.  
Covering more than  
fifty moves, this is the  
second and more  
advanced volume in  
the Aerial Yoga series.  
With detailed  
descriptions and  
pictures at every turn,  
moves such as  
handstands, back arch  
...

**Aerial Yoga Volume  
2 | Aerial Essentials**  
The Aerial Yoga Manual  
Vol.1 By Rebekah  
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Leach The Aerial Yoga Manual Vol.1 By Rebekah Leach 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

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