



AERIAL YOGA 101

INTRODUCTION TO BASIC HAMMOCK POSES

DISCLAIMER: These aerial hammock poses should only be attempted by instruction from a qualified aerial yoga teacher. The poses in "Aerial Yoga 101" are a guide only and not to be used as official training. Yoga hammocks should only be used under the watch of a qualified instructor. You should always use an approved mat underneath you for any poses that involve inverting or your body being off the ground, and always ensure your hammock is rigged professionally. By continuing to read this guide, you agree to understanding these terms.



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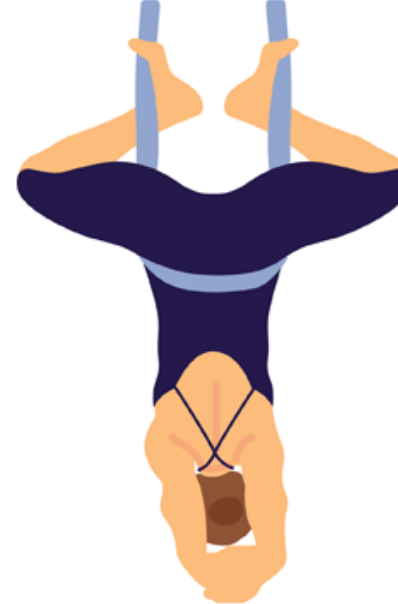
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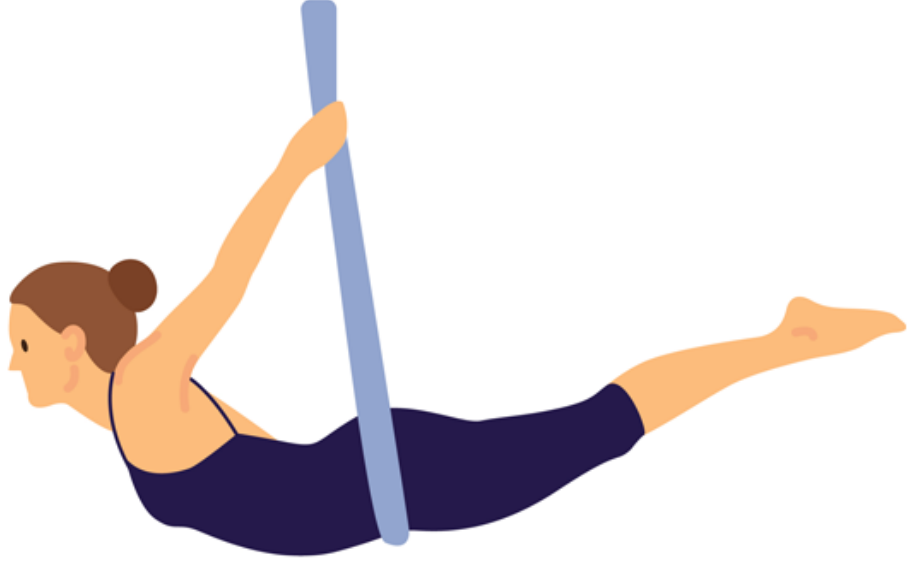
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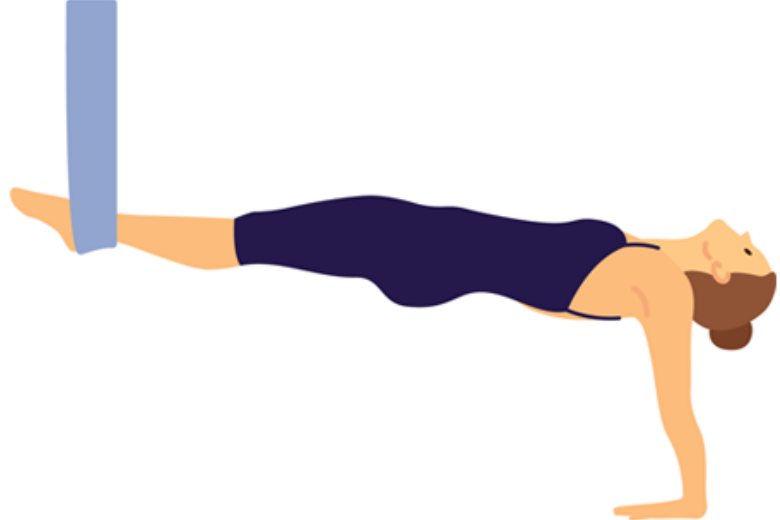
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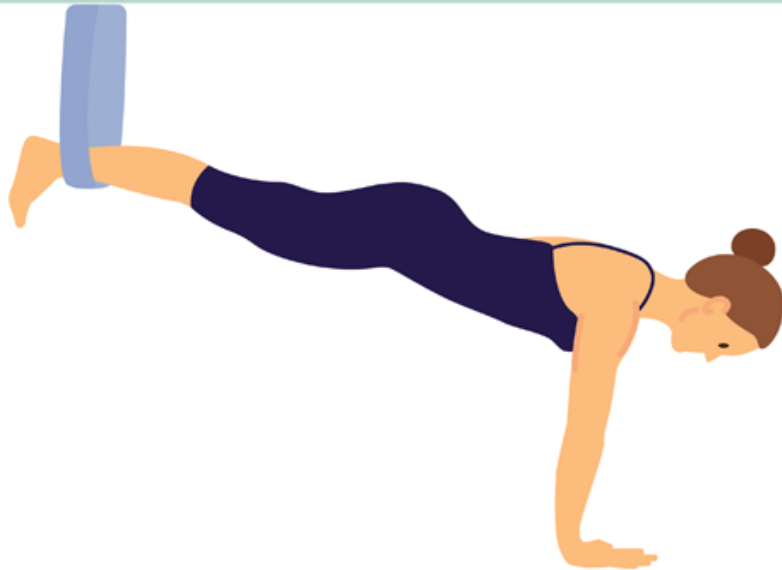
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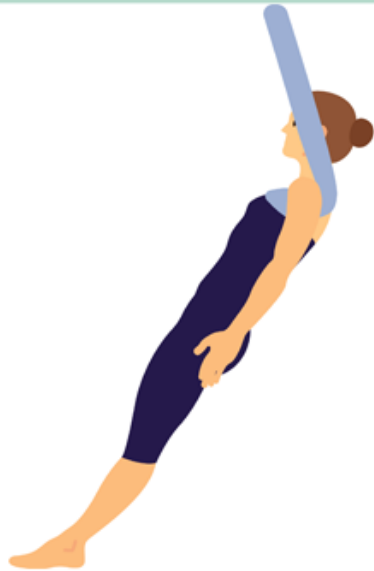
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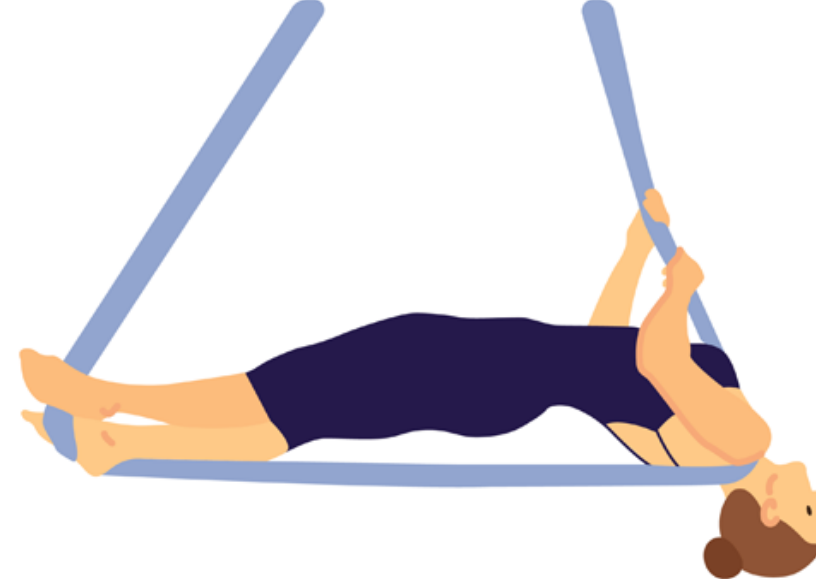
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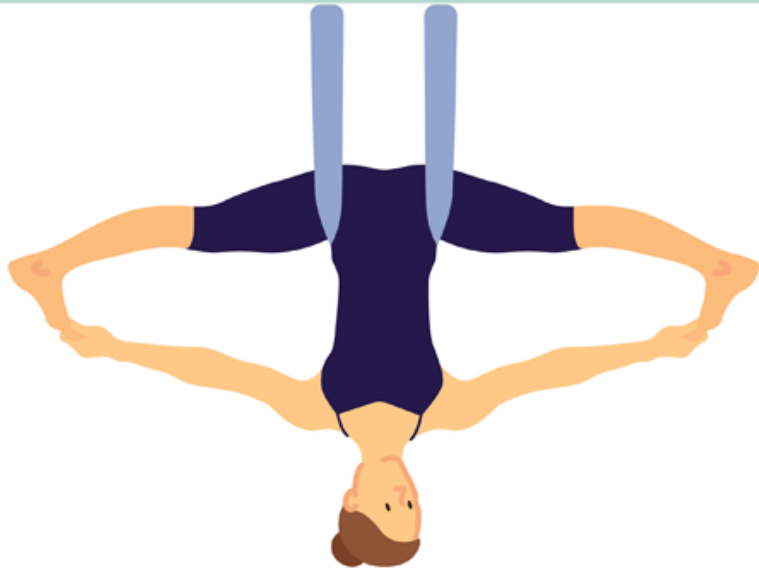
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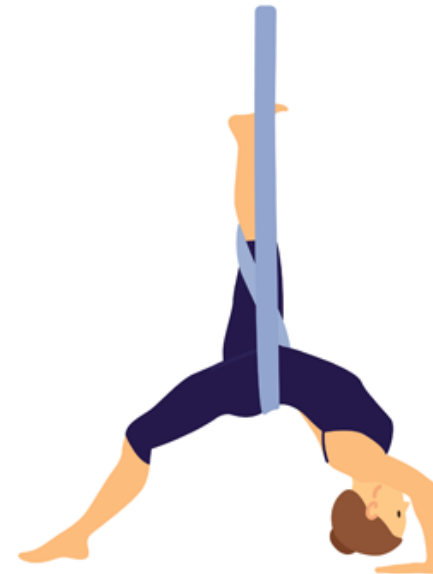
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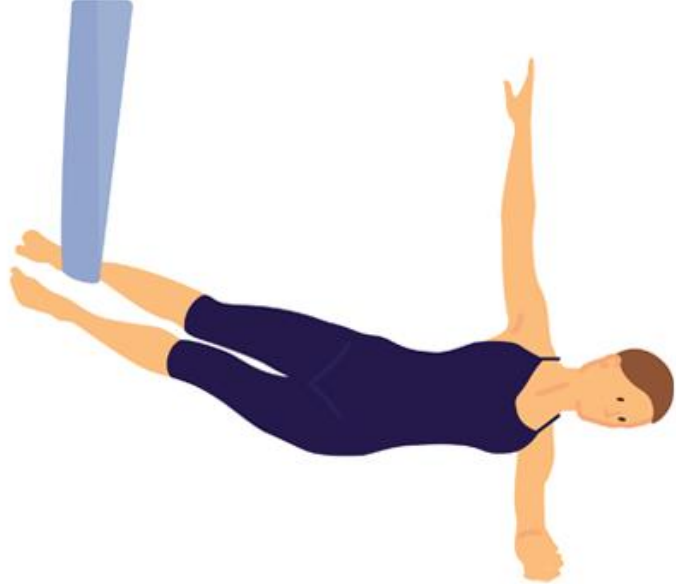
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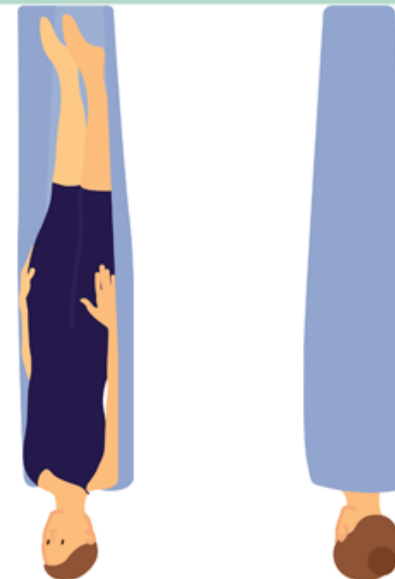
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