



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

REALIGN STRETCH DEFY GRAVITY

Aerial Yoga
YMCA ANTHONY BOWEN

Come and try our wonderful Aerial Yoga classes that will literally have you upside down! Using the hammocks as an assist allows participants the benefits of yoga without the impact or strain from traditional mat practice. Aerial yoga is great on its own or as a compliment to other yoga practices!

Benefits:

- Ease back pain
 - Lengthen and strengthen your whole body
 - Aids in digestion while realigning your whole body
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WHEN: More dates coming soon!

Contact Wellness Director: Dahhia Johnson for more information at Dahhia.Johnson@ymcadc.org

**Private sessions
available**

