



SATURDAY

SCHEDULE

8AM - INTRODUCTION

8:45AM - MEDITATION

9:30AM - AERIAL YOGA CLASS

10.30AM - BREAK (15)

10.45AM - INVERSION IMMERSION

11:45AM - STADING STRETCHING IMMERSION

12:45 AM - BREAK (15)

1 PM - AERIAL YOGA CLASS

2PM - DISCUSSION / YOGA MASSAGE

3.30PM - END

WHAT TO BRING:

- SNACKS
- WATER
- ANY EXTRA PROPS TO MAKE YOUR CLASS UNIQUE. (ESSENTIAL OILS ETC.)



SUNDAY

SCHEDULE

8.30AM - MORNING CIRCLE CERIMONY

8:45AM - MEDITATION

9:30AM - AERIAL YOGA CLASS

10.30AM - BREAK (15)

10.45AM - SEATED STRETCHING IMMERSION

11:45AM - STADING STRETCHING IMMERSION

12:45 AM - BREAK (15)

1 PM - AERIAL YOGA CLASS

2PM - CORE IMMERSION / DISCUSSION

3.30PM - END

WHAT TO BRING:

- SNACKS
- WATER
- ANY EXTRA PROPS TO MAKE YOUR CLASS UNIQUE. (ESSENTIAL OILS ETC.)