



WORK WITH ME

AERIAL YOGA

with Sharon

*Add value to your venue,
providing a lux wellness
service*

WHO AM I?

Sharon Krisanovski

Aerial and functional yoga teacher, wellness coach, and circus aerial acrobatics instructor.

Sharon started her circus, movement, and yoga journey in 2012. Later, she graduated as an Aerial Yoga Instructor from The Aerial Yoga Academy in December 2018, and furthered her qualification with The Empowered Center in Midland. Most recently, she completed her training with Spanda School for Functional Flow Yoga, deepening the spiritual teachings and asana knowledge.

Always striving to gain more knowledge wherever she travels, Sharon has been teaching group and private classes for the past 4 years.




A LITTLE MORE...

Sharon as a young woman has always been practicing a great variety of sports: from classical ice skating to fencing, as well as gymnastics, martial arts, paddle sports, swimming, cycling, and horse riding. Her empathy & eclectic background in design, illustration, and performing arts makes Sharon very sensorial and detailed oriented, resulting in a magical aura about the space she creates and holds for her students. Sharon has a deep interest in Dyspraxia (a movement and coordination disorder) that she herself was once limited by. She believes that with persistence and the correct movement regime, and by working on creating new brain neuropathways, that this disorder can be greatly overcome.

Her aim is for her students to leave the class challenged, rested, and refreshed, with a new perspective and sense of vibrancy and community.






AERIAL YOGA CLASSES AS AN ADD ON.

*Have you thought of offering
Aerial Yoga to your members but
don't have the right space or
insurance to hold Aerial Yoga?*

Aerial Yoga Perth can provide some solutions for you. For the past 4 years, Sharon has been successfully and safely working with clients from a structurally certified space, providing a relaxing space where they can explore their minds and bodies within the hammock.

Aerial Yoga Perth offers you the opportunity to provide offsite offerings by working as an offsite contractor, or onsite if you do have a safe structure available to run Aerial Yoga classes. (no other equipment or insurance need from you).



A woman in a dark leotard is performing a handstand on a dark mat on a light-colored floor. She is holding a light blue aerial silk with both hands, which is suspended from the ceiling. In the background, another person is also performing a handstand with an aerial silk. The room has a high ceiling with exposed wooden beams and a large window on the right side. A large, semi-transparent teal circle is overlaid on the right side of the image, containing text.

SERVICES

What can I provide?

- Group and private classes.
- Corporate classes and events.
- Tailored Workshops.
- Urban Retreats.
- Courses.
- Teacher Training.
- Sound baths in the hammock.

Any service can be tailored to specific age and needs or requirements, including some people with disabilities. Sessions can range from very relaxing and gentle, to a more vigorous style.

11 PEOPLE

The maximum capacity is 11 people in my space and for safety reasons, and I do not accept more than 12 students in approved offsite locations

WHY AERIAL YOGA?

It's a functional and wholistic movement modality.

What does Aerial yoga provide that mat yoga does not?

- Working with your own body weight against gravity, building core and strength in a functional way.
- Providing total spinal decompression with regular practice.
- Vestibular stimulation in all directions improves coordination, balance, and increases flexibility.
- A whole new level for relaxation.

More information on [this link](#)

A photograph of an aerial yoga studio. The room features a white ceiling with exposed wooden beams and several teal-colored hammocks suspended from the ceiling. The floor is light-colored concrete with several dark grey mats. In the background, there is a white brick wall and a shelf with various items. A large, semi-transparent teal circle is centered in the image, containing text.

What is Aerial Yoga?

**WHAT ARE YOU OFFERING
TO YOUR CLIENTS?**

WHAT IS IT?

It is often also referred to as AntiGravity®.

It combines traditional yoga with moves inspired by pilates, dance, and acrobatics.

Aerial yoga is a type of yoga that uses a hammock or yoga swing to allow students to perform postures that they may not ordinarily be able to attempt on the yoga mat.

Aerial yoga originated in New York and is now popular all over the world.

It was created by Christopher Harrison, a dancer with a performance background in acrobatics.

Aerial yoga is thought to be particularly beneficial for students who spend a long time sitting, or who have back pain.

THE BENEFITS

In Aerial yoga, the hammock is kept less than a meter from the floor. It becomes a swing that can support the body. For many people, yoga postures that are difficult on the ground can be performed more easily and with less strain on the body.

In addition to the emotional, physical, and spiritual benefits of all yoga practice, Aerial yoga has particular benefits for strengthening and stretching the whole body, decompressing the spine, improving circulation, boosting confidence, digestion, and lifting one's mood. In particular, Aerial yoga strengthens the core as well as the arms and legs, to support the body in mid-air.

THE RESULTS

MOBILITY

Fusing basic to advanced yoga poses with aerial hammocks to allow for a full-body stretch that increases flexibility beyond what traditional yoga provides. Great for all levels – modifications and advanced cues will be given so that students can practice to their personal edge.

STRENGTH

Aerial Flow focuses on your core as well as on integrating all group muscles which is required to keep yourself balanced and stabilised during class. Strengthening your mind-body and toning your physique for long-lasting results.

RELAXATION

Sessions are held in a relaxing and well held space, and include a space for meditators in the hammock to enjoy breathwork, sound, scent, silence and stillness practice together. Leaving every student with deep sense of relaxation, as if they were transported away by a fluffy cloud.

IMPROVES

FOCUS

Improve focus.
When in a challenging situation, you will be encouraged to be more cautious and aware of controlling each movement. The level of focus will be improved while being suspended in the air.

DIGESTION

Inversions and the various kinds of movements and stretches helps food move through your system and aids in weight loss, which can also help improve digestion.
Just be sure to schedule your exercise before you eat or wait at least an hour after eating.

FITNESS & POSTURE

A unique method to improve fitness & posture due to the use of your own body weight combined with gravity, the hammock, stretching, and strengthening. Especially for women, is the unique aspect of including pulling strength, such as pulling yourself up in the air. Be a regular practitioner and experience it for yourself!

ALLEVIATES & COMBATS

CIRCULATION

Your blood circulation increases while doing aerial yoga which benefits in normalizing blood pressure, whilst providing relief from joint pain. Your improved blood circulation also aids in nourishing your skin. Boosting the immune system and helping with aging, migraines, and the lymphatic system.

PAIN

Alleviates spine related problems. Your spine lengthens and strengthens when you are upside down in the silk. It decompresses the tension between each vertebra and joints. Also improved core strength and stability and may help with pain management.

LOW MOOD

Makes you smile, laugh and be happy. As you go against gravity, you will have an adrenaline rush which leads to the release of the “happy” hormones – endorphins, serotonin, dopamine, and oxytocin. These hormones boost your mood and make you feel more energetic and happy.



WHERE AM I?

FREMANTLE

147 South Terrace Fremantle
inside the corner store



THANK YOU

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