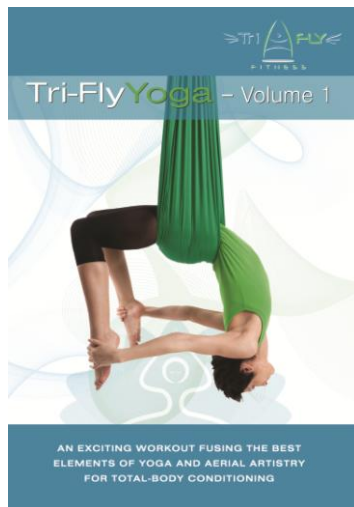


Aerial Yoga DVD Series

Aerial Fitness are very excited to launch the first Aerial Yoga and Fitness DVDs. Taught and demonstrated by creators KT Coates and Emma Robinson. These DVDs will have home Swing users and instructors gliding and flying through their Aerial workout for a longer, leaner, stronger and more defined body with exercises such as Plank Push-ups, Houdini, Free Faller and Yoga postures including Downward Facing Dog, Drop-Backs and Sun Salutations.



Aerial Yoga DVD Volume 1

Taking Yoga Practitioners to new heights with Tri-Fly Yoga Volume 1 - Home users of the Aerial Swing can now practice supported inversions, glide through Sun Salutations, and deepen backbends whilst effectively improving postural alignment, strength, flexibility, co-ordination and muscle-tone all under skilled guidance.

Postures that would otherwise be restricted become accessible with the Swings soft fabric moulding to the users body offering full support and further deepening of postures.

Includes the following;

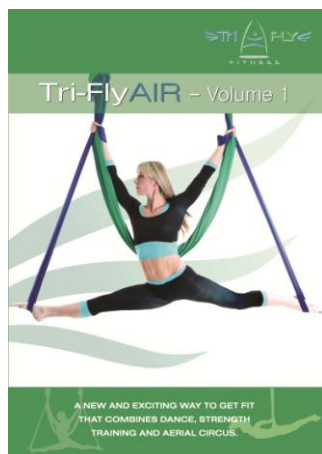
- Introduction to the Swing and key points for a safe, effective and enjoyable practice.
- High Swing Sequences – Sun Salutations A & B Series, Standing Postures and Inversions.
- Low Swing postures - Forward Folds, Hamstring, Hip openers and backbends.
- Special Tricks section with step-by-step detailed instruction and break-down of fun circus-inspired moves that integrate beauty, strength and flexibility.
- Extra bonus section utilising the Stirrup and handle system
- Restorative sequence to relax and rejuvenate.

Learn with Emma Robinson as she takes users through a balanced and complete Aerial Yoga practice. Within weeks users of the Aerial Yoga method you will notice greater control, awareness and grace in their Yoga Practice in and out of the Swing.

Aerial Fitness DVD Series - Tri-Fly Air Volume 1

Tri-Fly Air DVD Volume 1

Elevate and fly to an improved fit and firm body with Tri-Fly Air Volume 1 - home users of the Aerial Swing and instructors alike can now practice tricks, flips and supported inversions, whilst effectively improving strength, flexibility.



Tri-Fly Air comes in five parts for user's home Aerial Fitness work-out;

Part 1 – Introduction to the Swing and key points for a safe, effective and enjoyable work-out.

Part 2 – Warm up and prepare the body with mobilisation and gentle stretches.

Part 3 – Core strength and conditioning exercises to target deeper Core muscles, using the Swing to support the body to reduce pressure on joints and muscles

Part 4 – Muscle strength and conditioning exercises for the lower and upper body. Reducing impact on the muscles and joints to safely build stamina

Part 5 – Special Tricks section with step-by-step detailed instruction and break-down of fun circus-inspired moves that integrate beauty, strength and flexibility with a WOW Factor!

Learn with KT Coates, Internationally renowned Fitness Instructor as she guides users through a fun Aerial Fitness routine. Incorporating Aerial Fitness into your routine will leave you feeling better defined, lighter, stronger, longer and leaner.

Cost

Tri-Fly Yoga - £15.99 + Shipping

Tri-Fly Fitness - £15.99 + Shipping

Discounts

We offer attractive wholesale prices for bulk purchases on all of our products. Please contact us for further information.

Shipping

We ship internationally so please contact us for a shipping quote.

