



Aerial Yoga Workshop with Cloudy YANG

Saturday 19th 15:00 to 18:30

Due to success with the first edition of Aerial Yoga Workshop, Santidas Yoga is happy to organize the 2nd edition. If you would like to have new experiences in your life and know what is Anti-gravity this workshop is for you. Cloudy after flying so many hours around the world, would like to share her experiences and teach how to fly rather than crawling. Here you will learn to overcome your fears, doubts, and hesitations for better flying with more self-confidence and love.

What we do:

This 3.5-hour workshop will start with a session of aerial yoga and flow, get to familiar with the aerial hammock. Then the 2nd part we will have you learn an aerial choreography to a song where the warm-up utilizes the similar shapes and tricks within the choreography piece. Once you start the choreography, your body and mind will be fully prepared.

Depending on the number of participants, we will perform the choreography in groups or solos before the end of the workshop.

Our workshop will be ended with a stretching and relaxation in and out of our hammock, take care of our body and give more love to ourselves!

Bonus: We may reserve 15 minutes (shared) to a photoshoot with hammock, so that you may go home with some beautiful images of yourself as a souvenir.

What to prepare?

Be ready to go upside down and see the world from a different angle!

What to wear:

T-shirt with sleeves (covering the armpits) and socks are required; leggings or sportswear is recommended.

What to bring:

Water bottle and light stomach! (Do keep your meal light before coming, or just have your light meal at least 1 hour before the workshop starts)

Date: 19th October 2019 from 15:00 to 18:30h - Price: 75€ - Number of hammocks are limited to 8 participants.

Place: Santidas Yoga Centre - For more information contact Sash : +32 485 729 779