



Aerial Yoga: Frequently Asked Questions

This document answers the most commonly asked questions about aerial yoga at Heritage Community Fitness & Rehabilitation Centre. If you have a question that we haven't answered in this document, please don't hesitate to contact us.

What is aerial yoga?

Aerial yoga is a progressive form of yoga that combines the elements of traditional yoga practice and poses with a suspension system referred to as a hammock, a silk apparatus that physically elevate students above the studio floor.

How is aerial yoga different from other yoga classes?

The poses practiced in aerial yoga are similar to those found in other forms of yoga. By using the silk hammock suspension system, the body is encouraged to move more deeply into poses and experiment with more advanced poses such as deep bends and inversions that may prove challenging on the mat.

What should I wear to an aerial yoga class?

Students should wear clothes that they are most comfortable wearing for yoga practice and accommodate a wide range of movements (leggings, tank tops, etc.). We do recommend moisture-wicking fabrics (not cotton) to help keep you comfortable in the warm environment. Clothing with velcro and/or zippers are prohibited in class.

Please do not wear any jewelry, including watches, to class. If you have facial piercings that cannot be removed, we may need to tape down the item for your safety.

What do I need to bring to class?

Bring plenty of water to consume throughout class. You may also want to bring your yoga mat for a self-guided pre-class meditation.

What happens if I get light-headed or nauseous?

Self-awareness is key in aerial yoga. If you have been sick or dehydrated, you may want to save aerial yoga for another time. If you become lightheaded or nauseous during class, we recommend drinking water and assuming savasana or child's pose on a yoga mat until those feelings pass. If you would like to leave the room, please let the class instructor know so they can monitor your situation.



How often should I practice aerial yoga to see the benefits?

The answer depends on your personal goals. Students come to aerial yoga for a core workout, improved strength, increased flexibility, a stronger mind-body connection, and various mental benefits. Yoga practice is very personal; listen to your mind and body as you develop your own aerial yoga practice.

Is aerial yoga safe for everyone?

Aerial yoga is strenuous exercise. Individuals with a compromised immune system, those recovering from illness, and those new to fitness may want to build up to aerial yoga. Aerial yoga may not be suitable during pregnancy. Please consult your physician before adding aerial yoga to your fitness routine.

Is the hammock strong enough to hold me?

Our hammocks are certified to hold up to 1600 pounds and are secured to the ceiling using an advanced suspension system created specifically for aerial yoga.

Learn more about our *To The Mat Yoga* [specialty membership](#) and view the full *To The Mat Yoga* [class schedule](#) on our website.

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