



Soaring with the Soul: An Aerial Yoga Guide

Holly L Johnson

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Aviana Yoga offers you a breathtaking aerial yoga guide packed with stunning photos and vibrant colors to keep you engaged from page to page. This guide offers the discovery of an unparalleled artful practice infused with essential alignment cues, chakra center activation, and an authentic connection to your divine feminine energy. Presented in a remarkably easy to follow format, this guide delivers over 100 blissful asanas with the aerial yoga hammock ranging from supportive floor asanas to fun and exciting aerial asanas. A truly comprehensive detailed guide and valuable tool for anyone seeking to practice aerial yoga. Geared towards instructors, but readily understood and available to students as well.

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