

What is Unnata® Aerial Yoga?

It's not just flips and tricks! Unnata® Aerial Yoga teachers are experienced yoga instructors that have completed in-depth training to integrate the hammock safely into yoga classes. Unnata® teachers possess strong knowledge of the foundations of yoga, and can lead you through a playful and safe practice, on the mat and in the air. Whether you are new to aerial yoga, or yoga altogether, using the hammock's fabric to support your body will improve and strengthen your practice. You will quickly find balance, improve flexibility and strength, and grow confident in practicing inversions. Aerial yoga elongates and decompresses the spine, calms the mind and invites conscious playtime.

What to expect?

You will be in the fabric, and within the fabric we can reveal some of the traditional yoga poses (asanas) taught in a regular yoga class, together! We offer beginners classes, advanced classes, as well as restorative classes in the fabric. Expect inversions in all classes except restorative and consider skipping the inversion if you so choose during

Aerial yoga is not for everyone, here are some of the conditions aerial yoga is not recommended for:

- Pregnant
 - Glaucoma
 - Recent surgery (hands, wrists, shoulders, head, eyes, back, hips, etc.)
 - Heart disease
 - Stroke
 - Vertigo
 - Carpal tunnel syndrome
 - Osteoporosis and Osteopenia
 - Arthritis
 - Artificial hips
- or any condition in which hanging upside down could cause discomfort

General studio information:

Classroom etiquette:

- Please arrive a few minutes early to sign in. This will give you time to change and set aside belongings.
- Please turn off your cellphones.
- Please avoid wearing perfumes.
- Remove your shoes before entering the studio classroom.
- Silence during the class is always appreciated.
- Only leave early if you must, but we prefer that you stay through the end of class to avoid disturbing others during final relaxation (savasana). This allows everyone a few minutes of quiet time after practice.

Aerial Yoga guidelines (Please read):

- Arrive at least 15 min early as all students will require having their hammocks adjusted prior to the start of class. This is to minimize the amount of hammock adjustments after the start of the class so that we can practice for the time we have.
- Online reservation is strongly recommended. You don't want to arrive to find yourself without a hammock.
- 2-hour cancellation notice is required; otherwise class will be deducted as a no-show, and is non-refundable.
- Please DO NOT wear any perfumes, anything with zippers or buttons, any sharp jewelry such as rings and bracelets as they can snag the silk fabrics.
- Please DO NOT wear any shorts or tanks tops, DO wear clothing that covers the armpits and knees.
- We DO NOT allow anyone to FLIP, SPIN, or CLIMB onto the hammocks before or after ANY Aerial classes or workshops. Teacher's direct guidance and supervision is required for ANY use of the hammocks.

Membership refunds:

Monthly unlimited memberships are non-refundable. We offer a variety of unlimited memberships that can work for you, and you may also consider a class package to better fit your schedule.

Class Package extension and sharing:

We do not extend class packages and do not allow class package sharing.

5 class card: 2 Month expiration. 10 class card: 4 Month expiration. 20 class card: 6 Month expiration.

Class and workshop cancellations:

Students may cancel their reservation within 3 hours' notice prior to class with no penalty. Anything canceled within less than 3 hours is non-refundable.

In the event of inclement weather:

Class cancellations will be posted on Mindbody and you will be notified through email in the event that a class is to be canceled due to weather. You will not be charged.