



WELCOME TO FLOAT AND FLY WELLNESS STUDIO



## How Do I Prepare for an AntiGravity® Aerial Yoga Class?

Don't skim through this page. There is a lot of important information for first-time visitors to our studio. Proper Prior Preparation Prevents a Poor Experience. Also, take the time to read the ***FLOAT and Fly Wellness Studio Waiver & Release of Liability***. It will save you 15 minutes on your first visit and help us keep everyone on schedule.

### What to Wear - Do's and Don'ts

**Hammocks do snag.** Please do not wear jewelry, belts, or clothing with grommets, gems, or anything that could potentially snag the fabric. Also trim your fingers & toenails and smooth out rough feet to prevent fabric snags. Wear a clean shirt that covers your underarms completely, especially if you have sensitive skin.

**Observing good personal hygiene makes it a great experience for everyone.** Please make sure your shirts are cleaned and laundered before using the hammock your feet and underarm are clean and fresh. Also, everyone should wear deodorant, clean feet (we have towels if you need to wipe off there), and avoid heavy perfumes in consideration for the next person who will be using the hammock and fabric care.

**Avoid loose or short shorts or very baggy clothing.** Sports bras are highly recommended for women. Make sure your leggings are opaque. Really thin ones will show more than you want. Layering stretchy shorts on top is another option if your tights are thin. Bring a large towel or thick sweatshirt for padding until you are used to the feeling of the fabric. For intermediate and advanced classes: Covering midriff and the back of the knees are important. Tights Capri length or full length are recommended for most classes. When in doubt check one of our trainers. Compression shorts or dancer briefs for men will be needed.

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**Do not use hand lotion or sunscreen before class.** You can bring a yoga mat to class, but it is not necessary. Eating or drinking is never recommended before yoga, but it is particularly important with Aerial.

**Avoid eating or drinking acidic liquids** an hour prior to class if you need a snack 1/2 apple or banana should be fine. Some people enjoy ginger tea or ginger candy about an hour before class if they are prone to dizziness for the first couple of classes. We are not responsible for items left in the studio.

## What Happens In a Typical Class?

**While practicing AntiGravity® Yoga** you will move through the same basic elements of a floor practice except that they are elevated in the fabric or using the fabric for alignment for the entire class. Some postures will involve only partial support from the hammock, while others will require complete trust in the fabric as it supports 100% of the body weight.

You may need to begin with an Intro class which will cover all of the basic wraps of Aerial Yoga, & expand into more advanced classes that explore variations & flows that will deepen your practice & keep your inner child wanting more.

## Physical Restrictions

**Please talk to the instructor before attending class** if you have any medical issues that prevent you from inverting (glaucoma, heart condition, high blood pressure, detached retina, suffer from vertigo, pregnant) or putting pressure on your skin. If you have a spinal injury or medical condition, check with your doctor first.

If you have had Botox or other skin fillers, wait 24 hours before doing inversions. If you are pregnant please call instructor for modifications or request private lessons.

**[To Return to Home Page Click Here](#)**