

# AERIAL WORKS



## BENEFITS & ADVANTAGES

### FLEXIBILITY

Aerial dance improves flexibility and joint mobility, as many tricks and stunts require a wide range of movements. Stretching exercises prepare the body to achieve a safe and progressive improvement of performance.



### SELF CONFIDENCE

Aerial dance allows students to motivate themselves while observing the natural results of their performance. Seeing direct results increases expectations for new challenges with a higher level of complexity.

### SUITABLE FOR ALL

One of the best attributes of aerial dance is that it reaches all kinds of individuals that wish to improve their lifestyle & develop new skills by practicing a sport or physical activity. Regardless of age, body structure, physical characteristics, background or sports experience, skills will improve progressively.



### TONING

Aerial dance develops muscle tissue in specific areas, such as biceps, triceps, legs, glutes, hips, chest, shoulders, abdominals and back, increasing strength whilst using the student's own body weight. It also improves physical endurance and respiratory system function.

### POSTURE

Aerial dance training improved posture and body alignment by teaching performers to distribute their weight and support on muscles and ligaments in the course of each movement.



### NEUROLOGICAL

Through the performance of sports drills and high-intensity intervals, aerial dance exercises involve body movements that stimulate the part of the brain which involves complex thinking, reasoning, multi-tasking and problem solving. Using the memory to remember various movements, sequences and routines.

### STRESS RELEASE

Dance has proven to be a most successful therapeutic tool for physical, emotional and psychological improvement through body language, communication and expression. Aerobic exercises stimulate the release of endorphins in the bloodstream causing a euphoric reaction and a state of physical, mental and emotional well-being.



### HEALTH PREVENTION

Aerobic activities strengthen the heart and improve the respiratory system, decreasing the probability of heart disease. With the execution of different aerial dance exercises, skin elasticity increases, preventing varicose vessels and osteoporosis.

### COORDINATION & BALANCE

Aerial dance is intimately related to movement stability and control, through the mental and physical realization and performance of each exercise; a student's improvement is based on different aspects such as body position, strength focus, weight distribution, support and grip, as well as momentum.



### MOTIVATION

There are a large number of moves and acrobatic tricks in aerial dance and different skills to be improved for each student. This guarantees the students have a variety of challenges throughout the process and does away with tedious, repetitive routines thereby increasing motivation each session.