

# 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 ALI

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.





## Aerial dance develops muscle tissue is specific

**TONING** 

areas, such as biceps, triceps, legs, glutes, hips, chest, shoulders, abdominals and back, increasing strength whilst using the students own body weight. It also improves physical endurance and respiratory system function.,

# Aerial dance training improved posture and

**POSTURE** 

distribute their weight and support on muscles and ligaments in the course of each movement.

body alignment by teaching performers to

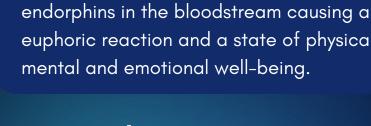




## high-intensity intervals, aerial dance exercises involve body movements that stimulate the part

of the brain which involves complex thinking, reasoning, multi-taking and problem solving. Using the memory to remember various movements, sequences and routines.

Through the performance of sports drills and



# euphoric reaction and a state of physical, mental and emotional well-being. Aerobic activities strengthen the heart and improve the respiratory system, decreasing the

Dance has proven to be a most successful

psychological improvement through body

language, communication and expression.

Aerobic exercises stimulate the release of

therapeutic tool for physical, emotional and



### difference aerial dance exercises, skin elasticity increases, preventing varicose vessels and

osteoporosis.

probability of heart disease. With the execution of



physical realization and performance of each exercise; a students improvement is based on different aspects such as body position, strength focus, weight distribution, support and grip, as well as momentum.



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.