



Contact Information

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Wellness Director

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the
gateway

ywca



YWCA of Winston-Salem

1300 South Main Street
Winston-Salem, NC 27127



Aerial Yoga

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The Gateway

Aerial Yoga is a new type of yoga, originating in New York but now being practiced in several countries, which combines the traditional yoga poses, Pilates and dance with the use of a hammock.

Aerial yoga helps you to move more freely, with less effort, by counteracting gravity. Suspension in the air releases tension on the bones and muscles, increasing flexibility and deepening your practice. Suspended yoga strengthens core muscles and increases spinal and shoulder flexibility.



Aerial Yoga Flight School

Tuesdays in January

January 2

January 9

January 16

January 23

January 30

7:30pm—8:45pm

Studio B

**Registration begins on
Monday, December 11, 2017**

**Registration ends one day before
class starts**

**Register online or at the
Member Services Desk**

Cost

Members:

\$50 (2 classes)

Non Members:

\$100 (2 classes)



Graduation Requirements:

Flight School enrollees must complete 2 classes in January 2018.

Upon completion of Aerial Yoga Flight School Classes:

Members can begin taking Aerial Yoga classes offered @ the YWCA—Gateway.

Non-Members must purchase a YWCA membership or pay a daily rate of \$10.