

TOP 10 HEALTH BENEFITS OF AERIAL YOGA by Samir Becic

A combination of traditional yoga poses, Pilates and dance with the use of a hammock, aerial yoga defies gravity and allows you to perform various yoga poses that may be difficult to do on the ground, but easier in mid-air. It's fun and acrobatic, so for those of you who dreamed of being a trapeze artist as a kid, this can give you a taste of what it is like.

Total Body Workout

Due to the nature of aerial yoga movements, almost all the body parts are forced to move and stretch. Muscles are toned and redefined, and joints are regenerated and strengthened due to these movements.

Psychologically Beneficial

Just like almost any other workout, aerial yoga helps rebuild your emotional system because it clears the mind and relieves stress due to its meditative state. It also helps you combat stress throughout the day and increases your creativity, which leads you to develop your own artistic skills.

Improves Flexibility

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.

Heals Back Problems

It gives you the chance to hang freely, allowing your spine to lengthen. With less strain on your back while doing the exercises, it eases tension in the spinal cord and hip joint, helping you feel better.

Increases Strength

Aerial yoga improves strength and flexibility, which carries over into other daily activities. The core workout is a beneficial cross-training, as it helps runners increase stamina and be able recover faster.

Puts You In a Great Mood

Another key benefit of doing aerial yoga is that it gets your adrenaline going while going against gravity. It also releases "happy" hormones like serotonin, endorphins, oxytocin, dopamine, which boost your mood and help you feel more energetic.