

### Improves Balance

While going against gravity can be exciting, aerial yoga also helps with balance and stability in daily activities. Balance is a key component in daily activities, and aerial yoga helps maintain a good balance both inside and out.

### Aids Digestion

The different types of stretches and movements help improve the digestive system, thus helping in healing various digestion-related issues, including constipation and indigestion.

### Old Age and Heart Disease

Aerial yoga improves the circulation of blood, thus combating aging and its symptoms. Aerial yoga also helps detoxify the circulatory and lymphatic systems, which lowers the onset of various cardiovascular issues.

### Improves Memory

Aerial yoga fortifies your neural connections, thereby, rendering better memory power. In a way, practicing aerial yoga can make you smarter!

