

HOW TO

IMPROVE BALANCE?

SCIENCE EXPLAINS US EVERYTHING
WE NEED TO KNOW!

AERIAL YOGA : AN UNCONVENTIONAL WORKOUT

FOR EVERYBODY AND EVERY BODY

STORIES & EXPERIENCES

Get to know Candace,
Penny & Jonathan

18

minute
PRANA FLOW

ay

January 2022

FLASH ON

Jill Byerly

@jill.b.lovin.aerial

REGULATING GENES VIA MEDITATION

HOW IS THIS POSSIBLE?

Tasty!

CHRISTMAS APPETIZER
& DESSERT



Edito

« No matter what part of the world we come from, we are all basically the same human beings. We all seek happiness and try to avoid suffering. We have the same basic human needs and is concerns. All of us human beings want freedom and the right to determine our own destiny as individuals and as people. That is human nature. »

Dalai Lama

Content

”

DID YOU KNOW ?

Aerial Silks origins are found around 1959, in a French circus school where some trainees were asked to make a difference by presenting an acrobatic act. One student presented her act by using a long piece of fabric.

”

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Aerial

combines creativity,
exercising, flexibility and
music in a unique way.

”

Just like yoga, Aerial Silks is
a great way to increase your
body's flexibility.

”

Flash On Jill Byerly

ay



CAN YOU INTRODUCE YOURSELF ?

My name is Jill Byerly and I live in Florida. I'm married with 4 grown adult children and 1 grandson. I grew up dancing. I have performed at Walt Disney World, dinner theaters, and Neil Goldberg's Cirque. I even owned my own children's theater at one point. I love dancing, the arts, and performing.

HOW DID YOU START AERIAL SILKS? WHAT MADE YOU START?

My oldest daughter started aerial classes and each time she sent me pictures I said, "That is so cool! I wish I could do that!", and then for my 49th birthday she bought me a month's worth of classes AND went with me to the 1st one because I hate doing things alone. It was a disaster! I couldn't even climb ONE climb, but it ignited something in me. It was a challenge that I wasn't going to back down from. I saw all those other students in the air doing all of those amazingly beautiful inversions and splits and spins and drops and I wanted to join them up there!

WHAT DO YOU PREFER/ENJOY ABOUT THIS PRACTICE?

Aerial silks is beautiful and all encompassing. You can't think about your problems when you're in the air. It takes all brain (and body!) power to keep you in the air, so it's kind of like nothing bad is up there. You just have to leave it all behind you on the ground. It doesn't feel

like a work out. It feels like I'm dancing and playing. I don't even realize I'm breathing heavy until I'm back on the ground!

WHAT HAS AERIAL DONE FOR YOU? HOW DID IT IMPACT YOUR DAY-TO- DAY LIFE?

Aerial has made my life better! I have met the most amazing people because of aerial! I have made new friends and I feel better about myself. I am stronger and healthier. I even make better eating choices because it affects how my body will perform in the air. For me, a healthy, strong body is a happy body and therefore a happy Jill!

”

It makes one vulnerable to put up videos for the whole world to see, but it also makes one REAL.

”



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SALACHI

defying gravity



Aerial Sequences

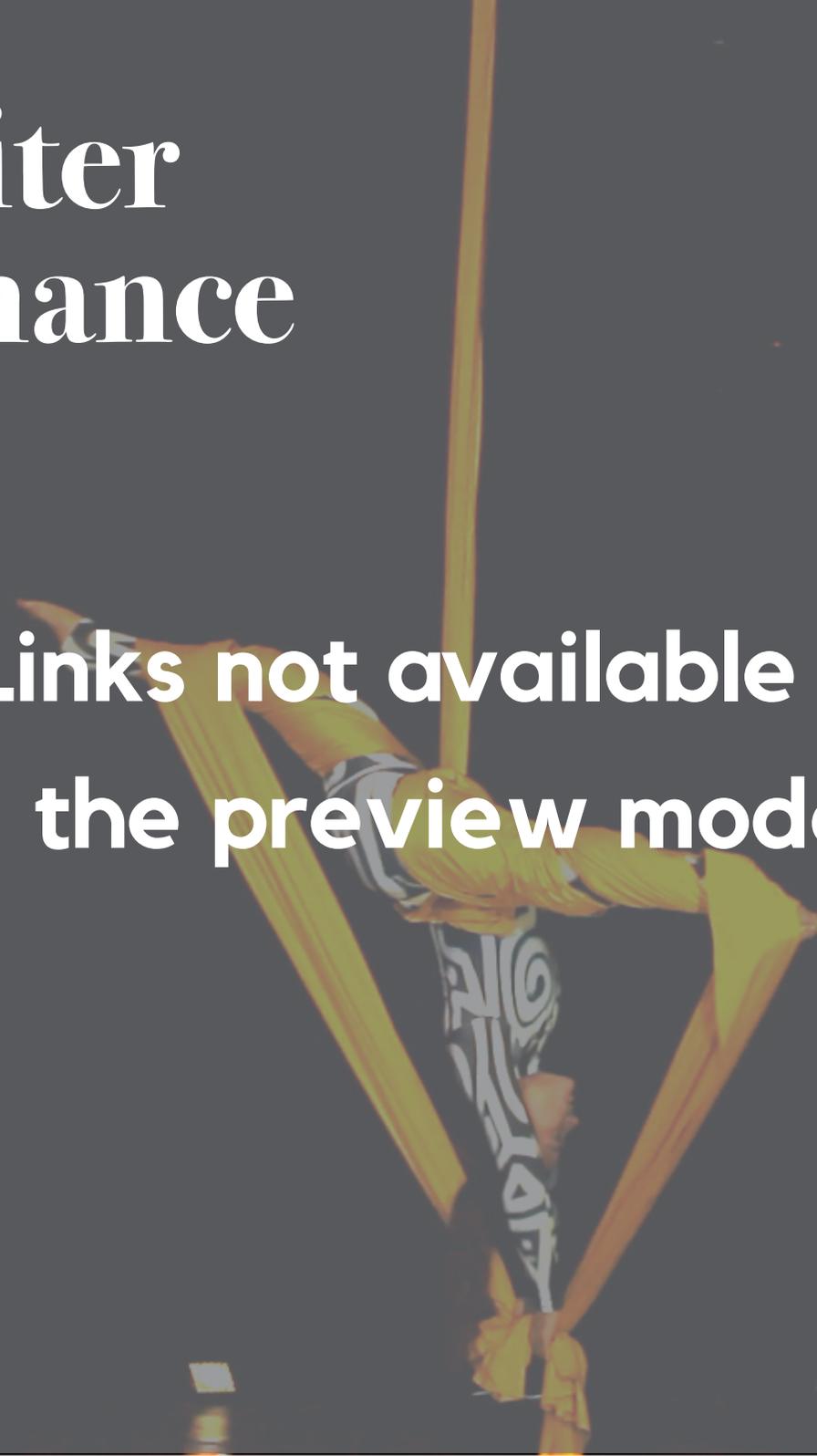
Aerial shows & flows *ay*



Mea Ruiter Performance

@onensa.me

Links not available on
the preview mode

A photograph of an aerialist performing on yellow silks. The performer is wearing a black and white patterned top and is suspended in the air, holding onto the silks. The background is dark, and the silks are illuminated, creating a dramatic effect.

Antoinette Elizabeth

@yourprananz

Prana Flow

18'

Yoga Trapeze

- Focus: Proprioception (the awareness of your body in space)
- Physical focus: Hips & Balances
- Props required: Yoga mat & aerials Note: This flow can also be demonstrated with a mat only

**Links not available on
the preview mode**



CLICK TO SEE THE VIDEO



AERIAL YOGA PLATFORM

AERIALOVETV CHANNEL

Tutorials, Classes, it's time to fly together



SUBSCRIBE





Penny Farthing & the hoop



My name is Joe Ferreday aka **Penny Farthing**, I am based in South Cambridgeshire, UK, and originally started doing aerial hoop as a way of **getting fitter and stronger after multiple abdominal surgeries and a few years in and out of hospital**. I had been hula hooping for a year or so and wanted a new challenge.



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healthy recipes

Home cook healthy/ay



Spinach and Feta Puff

Pastry Bites ay



” These spinach puffs pack a salty little feta punch - they make a perfect appetizer! They are a delicious little bite and perfect for a party...!

STUFF YOU NEED

- 25 small prepared puff pastry shells (frozen or chilled)
- 1 egg, beaten
- 1 tablespoon olive oil
- 2 cloves garlic, minced
- 1 small yellow onion, diced
- 3 cups baby spinach, roughly chopped
- 3 ounces feta

HOW TO PREP

- ”
- ∞ Preheat oven according to puff pastry package instructions.
 - ∞ Defrost puff pastry according to package directions.
 - ∞ Lay the pastry out on a cookie sheet and lightly brush the beaten egg across the tops of each pastry cup.

- ∞ Bake the pastry for half the required time, according to package instructions. (Mine was 12 minutes, so bake for 6).
- ∞ Meanwhile, heat olive oil in a pan over medium-high heat. Add garlic and sauté for 30 seconds. Add onion and sauté for two minutes.
- ∞ Then add spinach and sauté for about 30 seconds to 1 minute, or until spinach is wilted.
- ∞ Combine spinach and onion mixture with feta in a food processor and pulse till all ingredients are small and combined. Ingredients should stick together.
- ∞ Remove the pastry from the oven. Fill each cup with about 1 tablespoon of spinach-feta mixture.
- ∞ Return pastry to the oven and bake for the remaining time, according to package instructions.
- ∞ Serve while the pastry is still warm.

Balance is amazing! *ay*

SEE AND TOUCH

The balance is complex and is based on three elements: **THE SENSES**, which make it possible to give a representation of the body in space; **THE BRAIN**, which processes all information and sends a command appropriate to each situation; and finally, an adequate response of the human body thanks to the **MUSCULAR FORCE**. One of the first senses to allow the tightrope walker to keep his balance is the vision: in fact, we can observe that the acrobat was constantly staring at a point in space during his performance. Information from vision helps to perceive the movement and orientation of the body in space. To better understand the role vision plays in balance, in 1974 scientist David Lee and his team at the University of Edinburgh manipulated the information given by sight by placing children in a moving room. The walls moved slowly around the child standing on a fixed floor, giving an illusion of movement. The entire posture of the children - whose feet did not move - reoriented as the walls pivoted back, until the children fell. Researchers have shown that children depend a lot on visual cues to maintain their posture. In a similar situation, adults also reorient their posture, but in a less pronounced way. In young children, vision is the dominant sensory input.

While vision is important in maintaining balance, so is tactile sensitivity. The acrobat obtains information on the position and the movement of its bearing surface, here made up of a wire, as well as on the forces exerted on the body thanks to the receptors in below the feet. Skin receptors are located all over

the skin and are sensitive to pressure, among other things.

MISUNDERSTOOD SENSES

Proprioception and interoception are two unrecognized senses that play an important role in balance. Proprioception provides information on the position of one body segment in relation to another. We can notice that even with closed eyes, we were able to join our two hands. Without realizing it, she experienced her sense of proprioception. This sense, located in muscles, tendons and joints, is compared to a GPS which allows us to perceive the exact position of the body in space.

In addition to being aware of the position of the body, all human beings are aware of the internal state of their body. Thus, interoception makes it possible to assess physiological activity using interoceptive signals from the heart, respiration, digestion, viscera, pain, metabolism or immune function. It is this sense that instinctively allows every human to know, for example, whether they are hungry or tired.

In the case of a particular human's balance or movement, internal fluids such as the air of respiration or the distribution of blood flow also move, and this information is sent to the brain. A recent study shows that the pressures inside the stomach strongly contribute to the judgment of verticality. For example, a pasta dish eaten at dinner and lying in the stomach presses down on the side the person is leaning on, due to gravity, thus alerting the brain to the tilt of the body.



” Proprioception and interoception are two unrecognized senses that play an important role in balance ”



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Jonathan & his creations



WHERE ARE YOU FROM, WHAT'S YOUR STORY?

I am from Houston, Texas. I moved here from Louisiana when I was only 2 years old, so I consider myself a Native Texan, and have been here the majority of my life. I grew up right near Galveston Bay and went to grade school right around the NASA space center area.

I graduated with my Bachelors in Science from The University of Houston Clear lake, went to welding school at Industrial Welding Academy here in Houston and continued to pursue Grad school and receive my education in Construction Management at LSU (Louisiana State University).

I hold professional certifications in both pipe fabrication and welding.

” as a child, I always had the drive to be a creator. I wanted to make things.

”

WHERE DOES YOUR PASSION FOR ART COME FROM? HOW DID YOU GET INTO IT?

Since I can remember, as a child, I always had the drive to be a creator. I wanted to make things. It took me a while to figure out what sector of art I wanted to put my focus on, but eventually things fell into place. I still play around with many different art forms other than metal work on a daily basis.

I think trying many different forms of expression as an artist is very important to figuring out who you are and what you can do. We go through different phases in our lives, we are in different moods, possibly live in different places, have different friends, our influences change and what we have access to does as well.

I think the raw desire to create is the most important. It's not always about how you get the idea out or what material you use to make it come to a reality but it is the fact that you release the information out in whatever way possible to share it with the rest of the world which is the most important.

That same emotion you are trying to express, or story you are trying to tell could come out in a painting, a song, a poem, a sculpture or so on.

FOR HOW LONG HAVE YOU BEEN DOING THIS?

I started working in the petro-chemical industry in refineries and plants at the age of 21. I was around many journeyman welders and fabricators since then, before I became one. I went to welding school at age 25, I am now 33.

So I have been around metal working and the fabrication process for over 10 years. I have 8 years under my belt as a certified journeyman.





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Aerial Yoga Gear

”

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”

- 10 %

Science : Intensive meditation influences gene regulation



Today, we report to you a study published in November 2020 in the scientific journal "Brain, Behavior, and Immunity,". This study tends to show that intensive meditation alters gene regulation.

WHAT IS GENE REGULATION?

Before talking about this study, we must more or less understand something complex for boeotians like us: methylation. Basically, DNA, deoxyribonucleic acid, is not frozen information set in stone as science has long believed. We can see methylation as a perpetual motion. This movement is an exchange of a methyl group, CH₃, from one molecule to another. This is not trivial. This event takes place over a billion times in the body every second. This discovery fundamentally changes the way science looks at DNA, and some might see it as a substance for philosophy.

The DNA evolves, changes and reacts to exogenous factors: food - education - thought -etc. We are not slaves to our genetic heritage as we hear it said. The apple does not fall far from the tree, but now we know that it has legs.

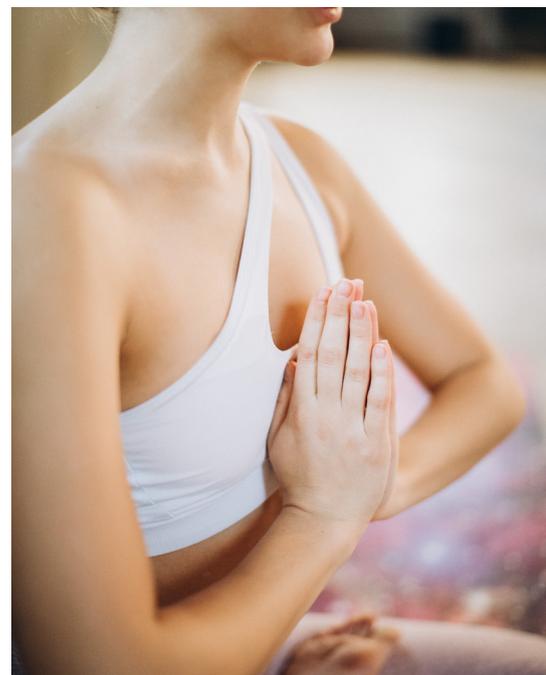
Obviously there is a genetic basis, the genome. If you have hazel eyes, they won't turn blue because you've fallen head over heels in love.

On the other hand, when falling in love, it is likely that the epigenome will change. Just imagine an ear of wheat. The epigenome is the backbone of the genome. It is he who is modified by methylation This new science is called epigenetics. When we talk about gene regulation, we are referring to this fascinating phenomenon.

MEDITATION AND GENE REGULATION

Now that you are epigenetics experts, we can read about the experience that has shown that intensive meditation has the ability to regulate genes. It should be clarified once again that there is no question of whether it is a positive or a negative regulation, because the science is simply not there yet. This experience, on the other hand, demonstrates the power of meditation on the body, and this, down to the infinitely small. The research team is international. These include the CNRS, the University of Catalonia, the Lyon Neuroscience Research Center and the American University of Madison.

This beautiful and noble assembly decided to study the consequences of meditation on genes. This is not a first attempt. They have already shown that yogis, over 50, practicing meditation have parts of the brain that are much more developed than average. In 2014, researchers found that 8 hours of meditation caused a decrease in the expression of pro-inflammatory genes.



”

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Stories & Experiences

Candace Jones



BOUDOIR BY
AR
ASHLEY RESCOTT

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ASHLEY RESCOTT

Photography Credits :
Ashley Rescott Photography

Candace Jones

@theaerialmodel

Gold Dress : Leah Maria Couture

Aerial Yoga : an unconventional full-body workout

ay

I was introduced to Aerial Yoga in 2016 when I lived in South Jersey. It was love at first class. I had done kickboxing and Beachbody workouts before, but this was different. I felt unbelievably empowered. I felt sexy, bold, strong, and seen. I wasn't a small lady- I haven't been under 200 lbs since before having my daughter in 2014. Yet, oddly, I didn't feel an ounce of intimidation through the class. The breath work, the poses, the fluidity, the freedom; I loved it all.

I remained training in Aerial Yoga, getting better and better, taking on harder moves and encouraged others to try it. There I was, all 200+ lbs of me telling women of all walks of life, all builds and sizes to join in this freedom-celebrating this fitness practice I'd lucked up on. It became clear after a time that I needed to start teaching. The need for representation was high. The ideologies of what we women «we're supposed» to «look like» to fit the mold of the aerial practices needed a tweak.

I became certified to teach Aerial Yoga in October 2020. I brought a certain diversity into the area with this practice and instruction. Few people even knew what Aerial Yoga was, let alone had the nerve to try it. I wholeheartedly understand, of course. It takes a bit of out of the box consideration to volunteer to be suspended in the air, relying on the mere trust of one's own body to guide you through various poses. It is definitely a different kind of endorphin rush.

My goal is to make Aerial Yoga accessible to everyone. It doesn't discriminate. All genders, builds, sizes are welcome. Children too. I find that those who attend the class are pushed beyond what they thought they could do, finding new pride for themselves along the way. It's a great feeling learning to trust your body and find new cool skills you didn't think you had. I look forward to growing my practice in this area and beyond.

” There I was, all 200+ lbs of me telling women of all walks of life, all builds and sizes to join in this freedom- celebrating this fitness practice

”



Written by

Leiselle Mayfield

Certified Aerial Yoga teacher
Myrtle Beach area, SC





AY Mag - Family *ay*

” Want to be part of the Family? Send us an email with your IG to aerialyogamagazine@gmail.com ”

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