

HOW TO ACHIEVE AN AIR SPLIT!

STEP BY STEP TUTORIAL

12 GIFTS IDEAS
FOR AERIAL YOGA
ENTHUSIASTS

FIND ORIGINAL GIFTS FOR ALL
BUDGETS!

20
minute

WARM-UP
SEQUENCE

ay

December 2021

FLASH ON
Ana Lourenço
@anapslourenco

BENEFITS OF
MEDITATION

WHAT DOES IT TEACHES US?

Yummy!
AERIAL YOGA
SNACKS & DESSERTS



Edito

« It's called calm and cost me many storms.

It's called calm and when it disappears ... I go out for searching it again.

It's called calm and teaches me to breathe, to think and rethink. It's called calm and when madness tempts it are unleashed brave winds difficult to dominate.

It's called calm and it comes with the years when the ambition of youth, the loose tongue and the cold belly give place to more silences and wisdom.

It's called calm when we learn to love, when selfishness gives place to giving and nonconformity fades to open heart and soul, surrendering completely, to whoever wants to receive and give.

It's called calm when friendship is so sincere that all the masks fall down and everything can be told.

It is called calm and the world evades it, ignores it, inventing wars that nobody will ever win.

It's called calm when the silence is enjoyed, when the noises are not only music and madness but the wind, the birds, the good company or the noise of the sea.

It's called calm and with nothing can be paid, there is no coin of any color that can cover its value when it becomes a reality.

It's called calm and it cost me a lot of storms and I would go through it a thousand times more until I found it again.

It's called calm, I enjoy it, I respect it and I don't want to let it go...»

Dalai Lama

Content

”

DID YOU KNOW ?

The largest yoga class was held in India and involved 100,984 participants

”

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Aerial Yoga

will help you let go of your obsession, surrendering to gravity, trusting the equipment and your body.

”

The vertebrae are gently separated from each other, finding some space between the cartilaginous intervertebral discs.

”

Flash On Ana Lourenço



CAN YOU INTRODUCE YOURSELF ?

I'm Ana, a girl who loves nature, walking at the beach and feeling the sun on my skin. I love to read and cook, I live every day honoring my intentions to have a happy and healthy life, and I love to have time for myself and my daily rituals.

HOW DID YOU GET INTO YOGA?

I get into yoga to try to find a balance between my body and my work. Some years ago my body was getting tired day by day. I was healthy but felt that the food, sleep, and being active was not enough. My soul was screaming for attention. One day, I decided to do some research about solutions for my anxiety and tiredness. I found a practice of vinyasa yoga online and that's the first time that I really felt all of my body and had a wonderful night of sleep. Since then I'm practicing and searching for that balance between me and my soul. That's why the intentions and my rituals are so important to me.

HOW DID YOU COME TO AERIAL YOGA?

I was at my Hatha YTT. One of my friends showed to me a photo of a trip to France and I was blown away by all the possibilities that we have with the hammock. On that day I started to search Aerial Yoga YTT and book a course. I have never been inside of the cocoon, stretched a leg, or did an inversion until two

weeks before my practice exam. The hammock arrived and I already had my yoga studio ready for new classes. The first time that I touched the hammock and practice my flow for the exam, I knew that it will be a lifetime love.

WHAT DO YOU PREFER/ENJOY ABOUT THIS PARTICULAR FORM OF YOGA?

That's difficult! But I think it's the sensation of protection, the sensation that there is nothing around us and everything that we think or feel in the cocoon is like a secret for me and my soul. If I must choose, I believe that meditation inside of cocoon is the high point of my practice and classes.

”

Some years ago my body was getting tired day by day. I was healthy but felt that the food, sleep, and being active was not enough. My soul was screaming for attention.

”

WHAT MADE YOU WANT TO BECOME AN AERIAL YOGA TEACHER?

I love people, talking, being present for others. I believe that everyone has something wonderful inside. People think that they are not strong, flexible, or spiritual enough to practice. With Aerial Yoga we have a new perspective of what is courage, self-love, and balance between breath and movement, and all the improvement on flexibility and postural awareness. For me it's constant meditation. I truly believe people need these funny and conscience disconnected moments.

WHAT IS THE POSE YOU PREFER TO TEACH AND WHY?

All the inverted ones! Being upside-down is funny and liberator. People feel free without their feet on the floor, feel their back and neck releasing the tensions and that's what I love in Aerial Yoga, that funny and healthy way of feeling the benefits of yoga practice.

CAN YOU SHARE ONE TIP TO HELP INTEGRATE AERIAL YOGA INTO DAILY PRACTICE?

Being inside of a cocoon is magical. Pack a bag with your hammock when you run at the park or do your daily practice outside. Find a tree or a swing, a roof where you can hang it. Once you do it, you'll never want anything else.

DO YOU HAVE OTHER PASSIONS BESIDES AERIAL YOGA AND YOGA?

If I must choose just one, I will say cooking, try new recipes and read cooking books. And then, writing or reading. One thing that I love the most is staying at home, organizing stuff like Marie Kondo.

WHAT ARE YOUR UPCOMING PROJECTS? CAN YOU SHARE SOME INSIGHTS WITH US?

I love that my next project is : to not having a project. I miss travel, maybe that's my next project: travel to the other side of the world and have all the time for me, improve my skills to be able to share new things with my friends and students.



” With Aerial Yoga we have a new perspective of what is courage, self-love, and balance ”



SALACHI

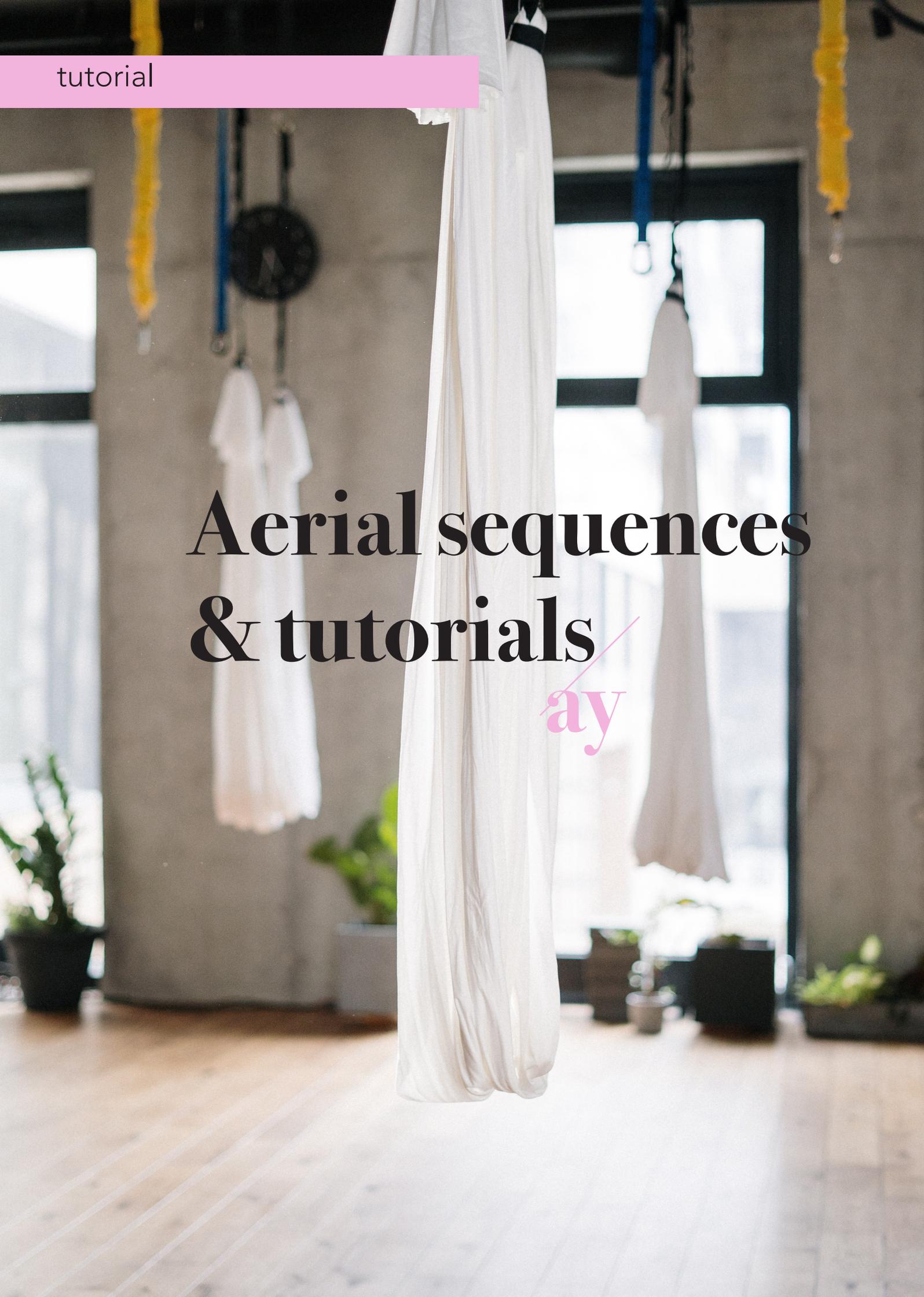
defying gravity



tutorial

Aerial sequences & tutorials

ay



Published by

Annie

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AERIAL YOGA CLASS | WARM-UP | 20 MINUTES

**LOOKING FOR AN AERIAL YOGA KIT ?
CHECK THIS OUT!**

SALACHI
defying gravity

Salachi Aerial Yoga Xmas!

Aerial Yoga Kit includes:

- 2PCS Ceiling Mounts
- 2PCS Carabiner (Safety)
- 2PCS (1.2M) Ropes (White/Charcoal)
- 2PCS (1M) Daisy Chain
- Aerial Yoga Fabric (2.5M X 5.0M) 100% NYLON 40 DENIER TRICOT

The advertisement features a list of items included in the Salachi Aerial Yoga Kit. The items are: 2PCS Ceiling Mounts, 2PCS Carabiner (Safety), 2PCS (1.2M) Ropes (White/Charcoal), 2PCS (1M) Daisy Chain, and Aerial Yoga Fabric (2.5M X 5.0M) 100% NYLON 40 DENIER TRICOT. The background is decorated with white snowflakes. On the right side, there is a photograph of a woman in a red aerial yoga kit performing a pose, suspended by red fabric straps.

Pulished by
Charmaine
@Charmaine_Aerial



AERIAL HAMMOCK TUTORIAL | HIP BALANCE & TWIST | BEGINNER

Is nearly to Christmas! This month I'd like to show you a fun routine. This involves a little twisting & hip balancing movements . The secret is your hand have to react faster then your body.

Give it a try and let me know how its work. Do dm me if you have any questions about the flow.

STEP BY STEP INSTRUCTIONS:

1. Right foot step on the hammock, Sit on your hip.
2. Lean back & hook the left knee.
3. Straighten the leg Into split.
4. Pull up and swing the leg down.
5. Left hand grab the hammock & release the right leg out.
6. Kick both leg straight back,
7. Slowly lean down, bend the right knee.
8. Release the top leg out from hammock.
9. Slowly lean down by sliding the top hand.
10. Let go the left hand,
11. Change the hand from grabbing the hammock from left to right.
12. Change back to left hand again,
Bend knee to keep your balance.

written by

Selma Bambur

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Put the hammock in your lower back, open your body at the back, open your legs and put it up and around the hammock and catch the hammock with your feet.



Catch the hammock as highest as you can, put your legs inside the hammock and pull your body up.



Adjust the fabric on your thighs, so it will hurt less.



Grab the right side of the hammock with both hands.



With your right leg go over left side of the hammock and make a circle all around with your body.



Now you left leg is folded twice inside the hammock



Catch the hammock with your left leg third time.



Take right side of the hammock with your left hand (wrap it around your hand if you need it), and with your right hand take your right feet.



Turn your body down and open your right leg into splits.
Congradulations! Great job!



AERIAL YOGA PLATFORM

AERIALOVETV CHANNEL

Tutorials, Classes, it's time to fly together



SUBSCRIBE



12 gift ideas for Aerial Yoga enthusiasts



It's almost Christmas and who says Christmas, says puzzles to find THE gift that will please your loved ones. Don't panic, if you want to give someone a gift who does aerial yoga or if you want to blow off some ideas for yourself, you've come to the right place!

I have put together a list of gift ideas for you for all aerial yoga lovers. You will find little touches for less than ten euros as well as more expensive gifts. You will understand, there will be something for all budgets.

GIFT IDEAS FOR AERIAL YOGA ADDICTS UNDER 10 €

WE START RIGHT AWAY WITH A SELECTION OF GIFTS FOR LESS THAN TEN EUROS.

1 AERIAL YOGA NOTEBOOK

You can make your favorite aerialist happy without breaking the bank by giving them a little notebook with a cool aerial yoga themed cover. You will find a wide choice of notebooks on Amazon. These are very simple notebooks in which you can take notes on your feelings during your sessions or perhaps also work on the manifestation of your desires and your dreams. A nice touch for a friend, for example. (around 7€)



2 ORGANIC BODY OIL SPORTS MASSAGE

Another gift idea for less than ten euros is the sportsman's massage oil from Aroma-zone. This is an oil that I ordered and use very often, especially after a session. This massage oil contains essential oils of wintergreen, arnica, peppermint among others, which are known for their soothing and relaxing effect. I really recommend this massage oil to you. Tested and approved! (around 7€)

3 NON SLIP YOGA SOCKS

These are socks that are specifically designed for the practice of yoga. There are small pins at the level of the sole that prevent slipping. Perfect for those with chills who always have cold feet, they still allow their toes to be caught in different postures and at the same time there is a little grip side that can be useful with the yoga hammock. (around 9€)

4 A YOGI TEA BOX

Another gift idea, the Yogi tea set. I don't know about you, but I love the tea from Yogi Tea. The aromas are intense and original. I really like the relaxation herbal tea or their Christmas tea. This gift box contains a cup and two boxes of tea. Your favorite yogi will think of you when they discover the little message on the tea bag. And as a bonus, there is a yoga pose on each box to perform. (around 12€)

5 A YOGA MAT BAG

Finally, the last idea for a small gift for less than ten euros, the yoga mat bag. I found one on the decathlon site for five euros, so there really isn't going to be a ruin and it was an eco design rug so it was all good! Perfect for carrying your yoga mat and protecting it when you store it. (around 7-10€)

GIFT IDEAS FOR AERIAL YOGA ADDICTS BETWEEN 10 AND 20€

6 A LEGGING

Leggings are a must have when you practice aerial yoga and yoga. The bests? The high waistband, plus seamless which really makes a very nice second skin effect. (around 20€)

7 A BEAUTIFUL POSTER

You can find some on Esty for exemple, or on @CristiCreative profile! I find it a great gift idea. You can add a frame to it to complete the gift. I am sure it will please all aerial yoga lovers.

8 A BROOCH OR JEWELLERY

Personally I like the fact that I can wear jewellery, even a discreet one, relate to aerial yoga. It can be a brooche, or a necklace, there is so many pretty jewels now, that you can find the right one for your gift! (around 12€)

GIFT IDEAS FOR AERIAL YOGA LOVERS BETWEEN 20 AND 30€

WE WILL NOW MOVE ON TO SLIGHTLY MORE EXPENSIVE GIFTS.

9 AN AERIAL YOGA BOOK

We have great aerial yoga books out there! What a better gift than a whole book to read on our passion while you have time? It is the best way to improve your skills and knowledge while relaxing on a rainy day! (around 30€)

10 A YOGA MAT

Earlier I offered you a bag to transport your carpet a transport bag. You still have to have a carpet! There are all kinds, thicknesses and colors! I still advise you to opt for a fairly thick mat (6 mm thick) and made of a non-slip material. (around 30€)

GIFT IDEAS FOR AERIAL YOGA ADDICTS ABOVE 40€

11 AERIAL YOGA AFFIRMATION CARDS

If you check our editions, you know we are huge fans of those cards! With this game, you can draw a card at the start of your day or why not to end an aerial yoga session. The pastel colored cards represent yogis in their silk hammocks. Check page 16 of this mag to get them! (around 40€)

12 A YOGA HAMMOCK KIT

Of course, the best gift for an aerial yogi(ni) will stay a full hammock kit! Tye Dye, Floral Prints, single color, we have plenty choices and it will, for sure, make your gift unforgettable! (around 100€)

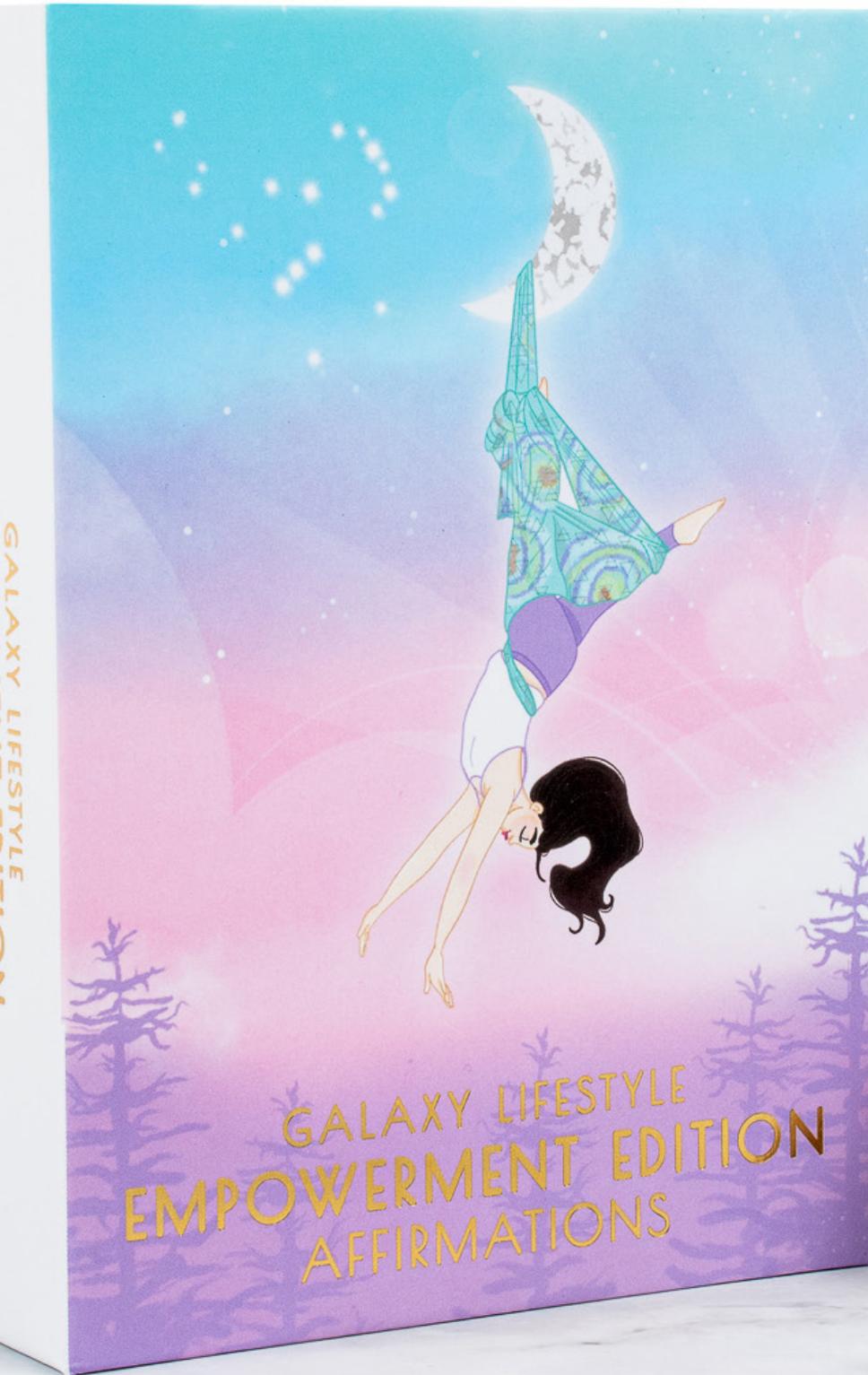
written by

Aerial Aima

@aerial_aima

aerialaima.com

[Shop it here](#)



The Empowerment Edition includes a deck of 44 cards, each with a hand-drawn design of a strong aspiring woman. It is in our aerial tradition that after every practice we layout a deck and pull the card that radiates the most energy toward us. With the card that is drawn, we take that affirmation with us throughout our day to serve as a reminder of the bewildering things we are capable of.



healthy recipes

Home cook healthy day



Popcorn Cauliflower ay



” Whether you cover this cauliflower in panko, gluten-free bread crumbs or cereal, you can recreate the taste of baked popcorn chicken at home, easily. ”

STUFF YOU NEED

- 3 cups panko, or gluten-free bread crumbs or ground flaked corn cereal
- 1 tsp paprika
- 1 1/2 tsp garlic powder
- 1 1/2 tsp onion powder
- 1/2 to 1 1/2 tsp ground pepper
- Salt, to taste
- 1 cup carbonated water (seltzer or soda water, depending on where you live)
- 1 cup all-purpose flour (or gluten-free all-purpose flour)
- 1 head cauliflower, cut into 3/4 inch pieces
- Spray oil, to preference

HOW TO PREP

- ∞ Preheat oven to 450°F. Line a sheet pan with parchment paper.
- ∞ Combine panko (or alternative) and seasonings in a bowl.
- ∞ Combine carbonated water and flour. Toss cauliflower in batter, removing any excess batter.
- ∞ Toss coated cauliflower in seasoned bread crumbs.
- ∞ Arrange cauliflower on sheet pan. Spray cauliflower lightly with oil.
- ∞ Bake 9 to 12 minutes or until browned and crisp.
- ∞ Serve with dipping sauce such as ketchup.

Coconut & Rum Snowballs ay



” These Vegan Coconut & Rum Snowballs are the easiest, no-bake Christmas treats! They are clean eating, so you don't have to feel guilty after eating all of them. ”

STUFF YOU NEED

- 1 cup coconut flour
- 1/2 cup oat flour
- 5-6 tbsp canned full-fat coconut milk (the creamy part)
- 5-6 tbsp agave syrup
- 1 tsp orange zest
- 1 tsp vanilla extract
- 1,5 tsp rum extract
- 1/3 cup chopped almonds
- 1/2 cup shredded coconut (for rolling)

HOW TO PREP

- ∞ Combine all ingredients in a bowl. Make sure that there are no clumps!
- ∞ Put the dough in the fridge for 1-2 hour(s) to chill.
- ∞ Make the balls (around 11), then roll them into shredded coconut.
- ∞ Put the balls in the fridge for another hour before eating (optional, but ideal).
- ∞ Keep in the fridge for up to 3 days.

- 10 %



A

L

O

Yoga

Get a better understanding of poses each month

ay



written by

Silvia Escarra

@silvia_escarra



ABDOMINAL REPETITIONS

A powerful exercise is to do abdominal repetitions with the help of the medium trapezoidal handles.

- Inhale: Separate the heels from the ground and activate the whole body as if you were making an iron.
- Exhale: Begin to move forward with your arms rigid and active, looking for your body to «tremble».
- Inhale: Hold the position.
- Exhale: Returns to the initial posture holding the active body and without losing the strength of the center.



THE BAT

The posture of the bat is an inverted aerial that has as its main challenge full confidence, as its realization is relatively simple.

To practice it, we must keep in mind that the weight of the shoulders is completely supported on the inside of the trapeze and that the feet are accommodated, without exerting any force or pressure, on the upper ends of the trapeze.

The purpose of this position is twofold. First, trust us and the trapeze and second, learn to relax the body and mind being upside down and in suspension.

Loony Legs

LONDON

GET 15% OFF
with code AY15

www.loonylegs.com



Why using Gravotonics

ay

At the start of my aerial yoga teaching I needed equipment fast and so I purchased in bulk several rigs from a leading brand. However, even before I took receipt of my order I started to experience a level of buyer's remorse and by the time they did arrive concluded that I would be sending them back and getting a refund.

My main reason for this in short was because I felt like I could get greater value elsewhere, but when further explored a leading desire of mine was to have rigs in a range of colours and not just the same two tones that bulk purchase would of provided. Whereas some teachers may like a more uniform aesthetic and all matching colours to their rigs perhaps to promote a bit order in their classes my own mischievous reasoning was instilled by something my teacher had said to me about the practice.

To paraphrase: aerial yoga has the ability to unlock the inner child or childlike wonder inside of us, which on a psychological level can be an added bonus if students need a break from every day life and this further helps promote positive mental health. The practice can project the mind to an eased, creative and playful way of thinking that makes one become more present in the body and breath rather than the noise of the head such is the practice's power.

Furthermore, it was my teacher's belief and now mine that in order to stimulate that inner child having the multicolours of choice hanging there increases the likelihood of that desired mental response by softening the

room and encouraging creativity in movement both consciously or subconsciously. I'm drawn to a comparison of a child being presented with colouring pens and a blank piece of paper and being asked to draw something or simply see the air as the canvas and the body fused with the equipment as the paintbrush.

So back to my purchase, at that point in time I discovered one of the original brands and started speaking to Gravotonics in my quest to find out the origins of this form of aerial yoga. And it became apparent to me that they were able to custom make rigs at their workshop in Bali, Indonesia and provide me with a range of different coloured two tones at my request. These ranged from everything to Blue & Dark Blue to Purple & Light Purple to Emerald & Dark Turquoise as well as Mid Blue & Royal Blue to Maroon & Red. By going with Gravotonics they not only fulfilled my order of a bulk purchase with so much variation in colour they also gave me a reduction in cost that was comparatively similar to the other brand I had initially purchased from.

Even though it did require me to wait a little longer as is said, "good things come to those who wait". Since then I have never regretted my decision of my initial change of mind from that other leading brand we shall not name and going with what Gravotonics is still offering. My rigs are now 4-years old, heavily used and still in great condition.



”Aerial Yoga has the ability to unlock the inner child or childlike wonder inside of us

”



The following is a further break down of things to consider designed to aide people in purchasing aerial yoga equipment but also includes my own personal preference. Bear in mind this is specifically for rigs made out of a firmer fabric and ones that also include side handles and should not be confused with the other form of aerial yoga also known as Anti-Gravity.

Cost – the most decisive factor for most people, but also potentially an indicator of quality (not always!) with cheap versions available online for as little as £30 with more premium ones being priced at £60 to upwards of £100. It is worth having an internal dialogue here to see seriously how committed to the practice you intend to be – if this is something that could ultimately end up in the back of a cupboard seldom used or even forgot about in the garage or attic (you know who you are!) perhaps go with the cheaper option to save yourself from yourself and a bit of money. You can always upgrade if you change your mind. However, if you already have experience with the practice, are committed to it and are thinking more long

term as well as wanting equipment that is going to be safe and last then premium offerings are more suitable for you. Gravotonics are currently quite competitive with their pricing topping out at \$90 and providing a further 20% for orders of 4 or more rigs.

Colour(s) – as with a yoga mat the colour/colours may say a lot about you as person or maybe you just want something that looks neat. Single tone can be good, but the benefit of having two slightly different tones as in two colours of fabric can aide students in seeing more quickly if the fabric is twisted and tangled in places it shouldn't be. Gravotonics offer both single coloured rigs and two tones. For more custom colour options it's worth reaching out to them directly as I did.

Size Differences – different brands work with different dimensions both in the main sling and with the side handles. Cheaper options generally seem to have long straps that are far too short limiting the range of poses available. The other main reason I actually returned my order from that other leading brand was because I discovered that the main sling was not as accommodating for my larger body (I'm about 6ft) when wanting to be completely supported in certain poses such as Supta Baddha Konsana (Reclined Butterfly Pose). Due to my style of teaching incorporating more restorative elements at times that extra few inches or so of fabric was a must for me to cocoon my students. However, I've also realised over time if that fabric is slightly larger it can be trickier for some students to get in the right place especially when going fully inverted and wrapping the legs around. If the class is quite active and relying more on poses that are acrobatic and TRX based less fabric may be preferable. I still feel though that by having the main sling bigger it provides more comfort & support where necessary and once aware of any issue it can be easily adjusted and taught out. After all it is fabric not stone.

” Due to my style of teaching incorporating more restorative elements at times that extra few inches or so of fabric was a must for me to cocoon my students. ”





” For example, in a large class S-hooks are much easier for me to adjust quickly for my students who are struggling. ”

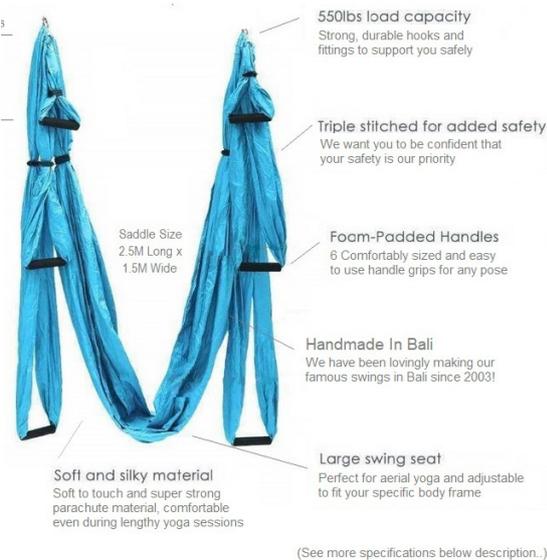
Handles – just like size handles vary from brand to brand with cheaper ones using cheaper materials and a foam that breaks off too easily and is not tightly fitted. Gravotonics use tightly fitted spongy foam that is quite durable & resistant as long as properly cared for and also feels great on the hands and on the feet. There are rigs out there that have more solid rubber handles and here again it comes down to preference. Another teacher I know prefers these because her classes are quite dynamic and involve a lot gymnastic type movement and to her these handles feel more solid. Personally, I have found rubber handles with me to crack under pressure possibly because of my heavier body weight and find Gravotonics ones durable and perfect for my needs as well as my students.

Functionality – recently I’ve seen on the market a type of rig from a leading brand that appears to fix the handles and main sling at the same height and does not allow them to be moved around separately. I find this difficult to get my head around as this design choice creates limitations. So many poses and types of unique movement can only be unlocked by having the option to move the handles to a different height to the main sling. Any rig that fixes both in one place in my opinion negates a large chunk of the practice and what can be discovered. I admit though I have not seen this type of rig in person but have only taught a few students online using it. As it is quite pricy I have no desire to purchase one to compare it with others though so let me know if you own one.

Guarantee - more premium brands do seem to offer guarantees on their equipment including Gravotonics. That means if something breaks that shouldn’t you can get a replacement. However, this may require additional postage & packaging costs so do bear this in mind.

S-hooks vs Carabiners – my personal preference is for S-hooks as long as they are from a reputable brand and are fitted on to straps that are tight at each end of the loops rather than stitched open that’s more commonly with daisy chains. S-hooks are light, quick & easy to adjust and as long as they’ve been fitted in the loops correctly again work well for my needs and style of teaching. For example, in a large class S-hooks are much easier for me to adjust quickly for my students who are struggling. Again my aerial yoga teacher friend prefers the added security of carabiners and I get this especially in countries like the United States where certain measures are extreme, litigation like a fashion trend and insurance a factor. However, bear in mind cheaper brands will often repurpose the wrong type of carabiners that are too small or cumbersome in a way that may damage the material too easily when adjusting. With Gravotonics I do not have this problem as they do use S-hooks and come with some decent straps, which I have upgraded to triple stitched hammock straps in studios with high ceilings.

This list is in no way comprehensive and it is always worth doing your own research and reading up on stuff before making a purchase and also be wary of any swanky advertising video campaigns you may see that make it seem like there is only one way to hang. So much is down to preference and over time your experience. A firm starting point to further get your head around all of this would be at gravotonics.com/swing-info/yoga-swings/ but do look at the other options out there please. If you still like what you see with Gravotonics you can get 10% off purchases by using the code: HY-10-OFF



Written by

Marc Cross
@thehangoutyoga

Teacher Trainings

”
Want to become a
Certified Aerial Teacher ?
Check out our Teacher
Trainings ! [Click Here!](#) ”



The benefits of meditation recognized by science



Advances in neuroscience have shown that meditation profoundly changes the structure and function of the brain.

Compassion, benevolence, better resistance to stress and depression ... There are many benefits now attributed to meditation. And now it's the researchers who are saying it. All in all, this recognition is fairly recent, which owes a lot to the research undertaken some thirty years ago in the United States: at the time, the French of Chilean origin Francisco Varela created an institute aimed at bringing together science and Buddhism. : The Mind and Life Institute.

With the American researcher Richard Davidson and the support of the Dalai Lama, he set out to study the brains of meditators very closely using brain imaging techniques. The first conclusive results were published in renowned scientific journals. What do they teach us?

THE EFFECT OF TRAINING

As pointed out by the French neuroscientist Antoine Lutz, who once participated with Richard Davidson in these studies, the sustained practice of meditation results in a reorganization of the activity of the brain circuits that underlie the regulation of attention and emotions. In other words, the structure and function of the brain changes with training in meditation.

In the same way that the cerebral region devoted to the movement of the fingers enlarges in a pianist as he learns to play, the cerebral areas that the meditator calls upon develop with meditative practice. These differences in brain activation or volume reflect in particular a greater development of neuronal connections in this region.

LESS EFFORT TO STAY FOCUSED

In detail, with brain imaging methods (fMRI, functional magnetic resonance imaging), Wendy Hasenkamp and her colleagues at Emory University, United States, have demonstrated cycles of four phases, activating different circuits, during a meditation focused on breathing.

In the first, the mind wanders, recalling memories or projecting itself into the future, and brain activity increases in a circuit known as the «default mode»: this circuit is at work when our brain is switched off. supposed to be at rest and connects regions that are sometimes very distant (such as the median prefrontal cortex and the inferior parietal lobe, for example).

The second phase, which is when one becomes aware of having been distracted, activates other cerebral regions (insula and anterior cingulate cortex), resulting from a network qualified as «salience»: consciousness is redirected towards this. which is salient, the origin of the distraction, via the regulation of sensations.

Then comes a third phase, where attention really shifts away from anything that can be distracting and where other circuits are activated (dorsolateral prefrontal cortex, infero-lateral parietal lobe).

Finally, in the last phase, the meditator fully concentrates on his breathing, which results in further increased activity in the dorsolateral prefrontal cortex.



”

In the last phase, the meditator fully concentrates on his breathing, which results in further increased activity in the dorsolateral prefrontal cortex.

”

”

DID YOU KNOW ?

Pain is not perceived the same way, it is less disturbing, which is reminiscent of the effects of hypnosis.

”

**IMPROVEMENT THROUGH PRACTICE**

These results are more or less those obtained by Antoine Lutz and his collaborators at the University of Wisconsin. With this detail that the researchers compared the brains of novice meditators and experts (the latter have between 10,000 to 60,000 hours of practice) and proved, on the one hand, that the activity related to attention was on average more sustained in the latter and that, on the other hand, the amplitude was less strong among the more experienced meditators, that is to say, they need less effort to stay focused.

Antoine Lutz's team was also interested in the reactions of meditators after a three-month retreat and found, using electroencephalographic markers, «that the intensive practice of meditation improves vigilance and the stability of the body. attention0”.

But that's not all. These researchers were interested in another form of meditation, called compassion and benevolence, and were able to confirm that, in experienced practitioners, it went hand in hand with a stronger activation of the brain regions devoted to empathy.

REDUCED ANXIOUS ANTICIPATION

Finally, they studied the perception of physical pain in meditators who have long been practicing mindfulness meditation. They found that, for the latter, just before the painful stimulus, there was less activity in areas of the brain linked to stress and anxiety (insular cortex and amygdala), which suggests a reduction in anticipation. anxious about the pain in them. In fact, the pain is the same, but it is the relation to the pain that changes: it is not perceived in the same way, it disturbs less, which is reminiscent of the effects of hypnosis .

These discoveries are already being used, especially in centers treating serious and painful diseases such as cancer, with interesting results on patients. But the difference and similarity between these two practices is still poorly understood. It should come as no surprise then that the project currently occupying Antoine Lutz, at the Lyon Neuroscience Research Center, consists of building bridges between hypnosis and meditation ...

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What's your story?



”

I seized the opportunity to create the conditions for Aerial Yoga classes at the sunny gym of the local surf shop and I got a move on my dream that quickly became true

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I'm Inês. I'm from Portugal and I live in Ericeira, a picturesque fisherman village situated along the coastline with sandstone cliffs above the blue ocean.

Professionally I divide my time between teaching Aerial Yoga classes and working as a flight attendant on the national airline company. I'm addicted to sports! On my daily routine I wake up around 6:00am for my Ashtanga yoga practice, and then search for some waves to surf. At my place I have my little Aerial room, where I frequently practice letting go and flow, as I freestyle by myself.

I will never forget my first Aerial experience in 2017. On my first suspension exercise I really felt the commitment with the hammock. I felt fully connected to this practice, but funnier, totally disconnected from everything around me. I was fascinated and delighted. That class was definitely **life changing!** Beginning that day I turned out to be the most regular student. And all I wanted was to *explore more and more* the exercises possibilities, as well my creativity.

From there I never missed an opportunity to grow as an aerialist. On my layovers across the world I always search for a studio to do a class. I enrolled on some courses with Aerialyogalife, A.Y.A and Teachers Training with Vayuaerialyoga, and aerialyogaportugal. Currently I'm doing intense Teacher Training at JAYA_AERIAL_LAB with Rui_OC the father and creator of Yoga Suspenso.

No way to turn back to Aerial yoga in my life.

March 2020, global pandemic... **The turning point!**

As worldwide lockdown kept us all inside our houses, I kept practicing on and on. *It helped me maintain a healthy mind in a healthy body.* I then found my major inspirations and teachers. Both with deep knowledge on yoga as on acrobatic skills. Karlene Marie *aerial_yoga_girl*, her powerful feminine flow with such variety in her classes and Rui_oc from *jaya_aerial_lab* for his **strict compliance on the precise and correct movements** as all the conditioning for a strong and flexible body. They are my perfect fusion!

Meanwhile some slight restrictions on travel ban were lifted but I still had no flights.

I start giving some substitution classes, and then... why not a life change?! I seized the opportunity to create the conditions for Aerial Yoga classes at the sunny gym of the local surf shop and I got a move on my dream that quickly became true. **Giving classes turned out to be so fulfilling!** I'm very grateful along my journey on Aerial Yoga. Everything just happened on a natural and outstanding flow. And I'm enchanted to feel the same passion for Aerial yoga with my students. These days my energy is given to me by them.

I truly believe that Aerial Yoga will grow and expand. It has a unique appeal and the outstanding possibilities to work with so many different strands and with everyone.

Thank you so much Aerial yoga magazine and community for sticking us together for all the support and to show our passion and dedication to the world.

written by

Ines Rodrigues

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AY Mag - Family *ay*

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