

SIGN-UP OFFLINE

and get 15 € off*

Fill out the reverse side of this page.

Save the dates when you wish
to join aerial yoga.

Bring this to the course with you and get
your aerial card with 15 € off*

**only for Aerial Cards, not for Drop-In
not for digital offers*

Scan the QR code to sign up to your first
aerial course:



AERIAL YOGA

**Rosastrasse 9, Freiburg
@innercenteryoga**

GROUP COURSES

Wednesday	17:30	aerial flow
Thursday	16:30	aerial slow
Saturday	9:30	aerial pro

All sessions are 75 minutes long.
Try to arrive 15 min earlier, in order to
arrive and set up the hammock.

Aerial Flow

this is a dynamic yoga practice with
aerial hammocks. All levels.

Aerial Slow

this session is focused on stretching,
inversions, and spending longer time
in the hammock. For all levels.

Aerial Pro

this session is about aerial hammock
tricks. For people who want to
advance their aerial skills.

Private Sessions

are available, both one-on-one and
for groups up to 10 people. Private
sessions are 1 or 2 hours long. The
prices vary accordingly.

More information and bookings:

aerialyogafreiburg.com

DROP-IN	23 €
5 LESSONS CARD	100 €
10 LESSONS CARD	185 €

WELCOME TO YOUR AERIAL YOGA COURSE

Terms and Conditions:

- Please **sign up** in order to book your aerial hammock. The link is in the QR-code, on the website and Instagram.
- The **aerial cards** are valid for 1 year from the date of the first booking. Collect 20 stamps on your aerial cards and enjoy a free class.
- For frequent flyers there are special offers: a **monthly Abo** and a digital 10er pass. Available online.
- If you have high blood pressure, heart disease, glaucoma, recent injuries or operations: aerial yoga is not for you right now.
- If you are pregnant or in some other special health situation: aerial yoga may not be appropriate for you. Consult with your doctor.
- Your sign-up is a fixed appointment. Still, you can **change** your booking up to **8 hours** before class, or **cancel** it up to **48 h** in advance, for free.
- It is best if you **avoid eating** 2-3 hours before aerial practice: some aerial positions are uncomfortable on a full stomach.
- Come to aerial sessions on time, healthy, hydrated, and with your **mobile in silent mode**.
- For hygienic reasons and for your own comfort, wear clothes that **cover your knees and armpits**. Leggings & T-shirt work the best.
- To prevent injuries and tear, **avoid anything metal** in your outfit (zippers, watches, jewellery)

NAME

CONTACT INFO phone number and/or email

I WANT TO RECEIVE UPDATES ABOUT
AERIAL YOGA COURSES

- per email
- per WhatsApp or Telegram

I WANT TO SIGN UP TO AERIAL
COURSES ON THE FOLLOWING DATES:

Note 5 or 10 dates when you wish to join the courses

I HAVE A HEALTH CONDITION

No / Yes:

- pregnancy
- recent injury or operation
- high blood pressure or heart disease
- glaucoma
- other:

I HAVE READ AND AGREED TO THE
TERMS AND CONDITIONS

DATE & PLACE

SIGNATURE