



*Lyra Duo*

### ***Top 5 Benefits of Aerial Yoga:***

1. Total Body Workout - Toning and redefining the muscles, regenerating and strengthening the joints during the workout. This workout is often recommended for physical rehabilitation.
2. Great for spinal decompression, pain prevention and lymphatic drainage.
3. Inner body reactivation - The circulatory, respiratory, and digestive systems are reactivated through blood circulation. It boosts your mental abilities and strengthens the neural connections related to memory and intelligence.
4. Psychologically beneficial- It rebuilds your emotional system because it relieves stress.
5. It increases your creativity.

## ***Turn Your Workout Upside Down!***

Aerial athletics is a fabulous way to get fit and have fun! Whether you're 6 or 60 anyone can enjoy the many benefits of aerial.

### ***Come Fly With Me!***

*Barrie Michaels*

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*VertiFit*



# *VertiFit*

**Aerial Arts  
& Yoga**

***Be A Force Of Nature!***



## Barrie's Professional Certifications

- \* Certified Yoga Teacher (RYT 200)
- \* Certified Aerial Yoga Instructor
- \* CPR, AED, and First Aid Certifications
- \* Aerial Silks and Lyra Instructor
- \* Certified Pole Fitness Instructor
- \* IKC Touch For Health training on muscle testing to improve postural balance and reduce physical discomfort



## What is Verti-Fit? It's Vertical Fitness!

I teach yoga, aerial yoga, silks, and lyra.

Want to try, but feel tentative? Consider a private lesson. In one hour I can help you get accustomed to the apparatus and teach you the basics, including safety elements and core poses so you will have the confidence to step into an aerial class.

The best way to learn is experientially; so join a class and trust that I'll lead you in a positive fun aerial experience that will take your traditional workout or yoga routine to a whole new level.

*"I teach with a focus on encouraging self-confidence and building self-esteem. I aim to make every student feel successful. Inspiring creativity, nurturing kindness, and compassion to all things are a part of my teachings of service and support for others."*

Aerial yoga is perfect for all ages - adults or children, and all levels - beginner to advanced. The wide range of poses allows each student to work at the level they are comfortable and is guaranteed to give everyone the dynamic benefits of inversions for enhanced wellbeing. Plus it's fun!



*Children develop strength, balance, body awareness, and self-esteem!*

Aerial Arts classes are designed to promote strength and flexibility while safely learning aerial tricks. Mental maturity is required to ensure a safe training experience.

## VertiFit Believes:

- \* Every student can benefit from athletics. It improves coordination, flexibility, strength, and body awareness.
- \* The primary goal is to provide students with life-skills through athletics.
- \* Each student's self-esteem and self-image is worth far more than a trophy.

Please visit our website to learn much more:

[www.VertiFit.com](http://www.VertiFit.com)