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Beginner Aerial Silks Instructor's DVDs and Manuals Aerial Silks : All the Ways to Belay Improve Your Inversions for Aerial | Aerial Yoga Girl ~~Rebekah Leach, B/W Pic Aerial Fabric~~ Ultimate home silks SET UP guide | How to set up AERIAL SILKS at HOME

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#22: Have Silks, Will Travel ... to the Nearest Tree!

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Aerial Yoga Infinity Flips Tutorial with Aerial Yoga Girl Aerial Silks : Hip Key Entrances Beginner Aerial Sling - Hands free Sequence | aerial practice Secretary Drop - Aerial Silk Tutorial with Aerial Physique

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Garret Caillouet - Bird Set Free - Aerial Silks Routine Aerial Yoga Hammock Flow | Aerial Yoga Girl ~~Billie Eilish and Simone Midby do Aerial Silks at Foshay performance~~ | TRIED AERIAL SILKS FOR THE FIRST TIME... \*dangerous\*

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Silk Street Performance by Cirque du Soleil Kayla \u0026amp; Sophia - Kids aerial silks - AVANTI Dance Company ~~getting my own aerial silk at home!~~ — Quiet Book binding tutorial Part TWO: binding strips, external and internal book binding 12 Year Old Girl Performs \"Silks\" For Her School 40' In The Air! ~~Aerial Yoga Flips and Tricks Tutorial | Double Flip Aerial Yoga Flow - Intermediate Sequence - Jost Blomeyer Aerial Silks Workout : Single Footlock Aerial Silks : Foot Lock Sequence Silks Conditioning - Aerial Yoga Hammock or Aerial Silks Knot Aerial Yoga Down Dog Flow Tutorial with Aerial Yoga Girl Corset Series AERIAL SILKS WORKOUT | MeganBatoon What is Aerial Arts? How to start Aerial Hammock/Hoop ~~Aerial Yoga | Aerial Yoga Girl Aerial Fabric Manual Free~~ matter what level you are at on fabric. Teachers & Spotters If a student cannot~~

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perform a basic stand, that is an indicator that they are not ready for aerial fabric at this level, and they need to spend time conditioning before attempting any other move in this manual. This may take a month or two in a conditioning class and/or working in the ...

## ~~Beginning Aerial Fabric Instructional Manual~~ PREVIEW

The Aerial Yoga Manual Volume 1 A step-by-step guide for teachers and students of ... Just as I wrote in my aerial fabric manual series, I believe it ' s important to honor the pioneers of a new art form, but I hope that we can have a collaborative spirit in the growth of aerial ... feel free to push off and give yourself a swing.

~~The Aerial Yoga Manual Volume 1~~  
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library BEGINNING AERIAL FABRIC INSTRUCTION MANUAL The primary subject for this pdf is generally covered about...

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Beginning Aerial Fabric Instructional Manual The Beginning Aerial Fabric Instructional Manual was written by Rebekah Leach, after years of experience teaching beginning aerial silks students. This manual includes step-by-step detailed directions with over 40 moves, as well as hints and helpful suggestions on how to avoid common mistakes.

~~Shop (Manuals) Aerial Dancing by Rebekah Leach~~

everything from aerial yoga to cirque fitness classes to more dancy classes and then just good ol ' plain aerial. It can

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easily be used for very gentle classes, or it can get quite intense. This manual series outlines a curriculum that is designed to be classical sling in terms of its place in the circus line-up of aerial apparatuses.

## ~~The Aerial Sling Manual Volume 1~~

To do well, the hands free requires a strong core and hollow body position. You will see improvement in your Star Drops, or Double Star if you work on your Helicopter Drops. The Helicopter can be done with the aid of your hands or with not hands. ... (Presented in Level 2 of the Aerial Fabric Acrobatics Curriculum)  
Georgia Twist.

## ~~Intermediate Aerial Instruction | Aerial Fabric Acrobatics~~

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Hold the pole of the fabric so the free fabric is trapped against the armpit. With the opposite hand, reach down behind the body, take the tail around the back and up to meet the hand holding the fabric.

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Since 2002, Aerial Fabrics Acrobatics® has been developing and supplying equipment for studios and individuals to over 500 studios worldwide! Through an elaborate chain of referrals, our products are now used throughout yoga studios, aerial schools, Ninja and Adventure Centers, theaters, universities, circuses, individual home studios, and ...

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Lean out towards the free leg with straight arms, take the free foot up and over the fabric being held with the hands, push the fabric down the locked leg from calf to ankle. Don ' t push the fabric off the ankle or the foot lock can be lost. Continuing in same direction, pull the body up onto the strand of fabric being held.

~~Aerial Instruction Level 1 | Aerial Fabric~~



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## Aerobatics

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over forty beginning moves, this manual is

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designed for students and teachers of beginning fabric or silks. This manual includes instruction on footlocks (covering a variety of moves in basic, single, and double footlock moves), includes an introduction to the hiplock (a.k.a. hip key), various climbs, and ...

~~Beginning Aerial Fabric Instructional Manual: Rebekah ...~~

Buy aerial silks in the UK. We stock Firetoys aerial silks and Voltige, aka Unicycle, silks in a wide range of colours. Choose from 1.4m or 1.5m wide silks. These aerial fabrics, aka tissus, are fully safety tested. Also find all you need to rig silks here.

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