

RANJANA YOGA CLASS

Aerial Yoga

A Beginner's Guide

Yoga with a hammock: what it is, safety,
what to expect in a class, and how to choose a studio

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1. What Aerial yoga is

Aerial yoga, also called anti-gravity yoga, uses a soft fabric hammock hung from the ceiling to support the body while you do yoga-inspired poses, hang upside down and stretch. It blends yoga with elements of circus aerial arts.

It is a modern style rather than a traditional one. Some people enjoy how the hammock supports the body and takes weight off the joints. It does involve inversions and hanging, so it needs a qualified teacher and proper equipment.

The short answer

Aerial yoga is yoga using a fabric hammock. It is best learned in a studio with a trained teacher and safe rigging. It is not suitable for everyone, and you should check with your doctor if you have any health condition.

2. Before you begin: safety first

General education only. Check with your doctor first if you are pregnant, have high blood pressure, a heart, lung, joint or spine condition, osteoporosis, an eye condition such as glaucoma, or have had recent surgery or injury.

Stop and rest if you feel:

- sharp, pinching or burning pain (a mild stretch is fine, pain is a stop sign);
- dizziness, nausea or breathlessness;
- numbness or tingling, or pressure in the head or neck.

Not for everyone

Avoid or get medical advice first if you are pregnant, have glaucoma or eye pressure problems, high or low blood pressure, heart disease, vertigo, a recent injury or surgery, osteoporosis, or a history of fainting. Do not try inversions without guidance. Never practise on a hammock that has not been professionally installed.

3. What happens in a class

Part	What to expect
Briefing	The teacher shows how to adjust the hammock height and how to get in and out.
Warm-up	Gentle floor and standing movement, sometimes using the hammock as a support.
Supported poses	Seated, hanging and leaning poses with the hammock holding some weight.
Inversions	Optional, taught gradually, and always at your comfort level.
Relaxation	Often a cocoon-like rest wrapped in the fabric.

4. Choosing a studio

- Check the teacher has aerial or aerial yoga training, and ask which certification.
- Ask how the hammocks are rigged and how often they are inspected.
- Look for a beginner class and small group sizes.
- Ask about weight limits and what they advise for health conditions.
- Check that the studio shows a clear way to get out of the hammock safely.

5. Your four-week plan

Week	Focus	Length	What to notice
1	Try one introductory class and learn how to get in and out	45-60 min	How did the support feel?
2	Repeat with supported seated and leaning poses	60 min	Are you comfortable with the height?
3	Try gentle inversions only if you wish	60 min	Do you feel dizzy? Stop if so.
4	Choose the level that suits you	60 min	What do you enjoy most?

6. Choosing a class or teacher

Wear fitted, breathable clothing that covers the underarms and legs, since the fabric can rub. Avoid zips, jewellery and long necklaces. Leave a couple of hours after a meal before class. Tell the teacher about any health condition or injury.

- Tell the teacher about any injury, surgery, pregnancy or health condition before class.
- Ask which practices are optional; a good teacher says most are.
- If a teacher dismisses pain or distress as part of the process, find another class.

7. Practising at home

Home aerial yoga is not recommended for beginners. Hammock rigging must hold body weight safely, and ceiling points need to be suitable. Learn at a studio first, and consult a professional before installing anything at home.

8. Honest expectations

Aerial yoga can be fun and some people find it relaxing. Claims that inversions detoxify the body or cure back pain are not supported. If you have a condition that affects your back, blood pressure or eyes, check with your doctor first.

9. Common mistakes and fixes

Mistake	Fix
Skipping the safety briefing	Listen to how to get in and out.
Going upside down too soon	Move to inversions gradually, only if comfortable.
Eating just before class	Wait a couple of hours.
Wearing loose clothes or jewellery	Wear fitted clothes without hard accessories.
Hanging in a pose too long	Come out slowly; stand up carefully.

10. Questions people ask

Is aerial yoga safe?

It can be, with a trained teacher and professionally rigged equipment. It carries risks of falls and is not suitable for everyone.

Do I need to be flexible or strong?

No. The hammock supports you, and beginners start with simple poses.

Is aerial yoga good for the back?

Some people enjoy the gentle traction, but evidence is limited. Check with your doctor if you have back problems.

Can I try it at home?

Not recommended without professional installation and training.

11. A pre-session checklist

- Have I eaten lightly, at least two hours ago, and had some water?
- Is my space clear, warm and free from interruptions?
- Do I know what I will practise, and how long I have?
- Is there anything in my body today (pain, tiredness, illness) that means I should do less?
- Do I know my stop signs: sharp pain, dizziness, breathlessness?

Running through these five questions takes less than a minute and prevents most beginner problems.

12. Your first week, day by day

Day	Suggestion
1	Read this guide. Try just the warm-up and the final rest.
2	Rest, or a five-minute walk.
3	Repeat day 1 and add one new pose or step.
4	Rest.
5	Practise a short version. Notice how you feel afterwards.
6	Write a few lines in the practice log.
7	Rest. Plan next week from what you noticed.

Three short sessions a week are a good start. Regular, gentle practice builds confidence, and rest days let the body adapt.

13. Glossary

Term	Plain meaning
Aerial yoga	Yoga with a fabric hammock.
Inversion	A pose with the head below the heart.
Rigging	How the hammock is attached and secured.

Reminder

This guide is general education and not medical advice. It does not diagnose, treat or cure any condition. If you have a health concern, speak with your doctor before starting a new practice.

Practice log

Print this page and keep a short record. Notes help you see patterns over time.

Day	Minutes	Class attended	How it felt	Notes
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				