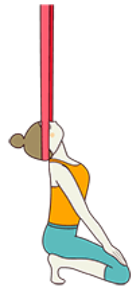


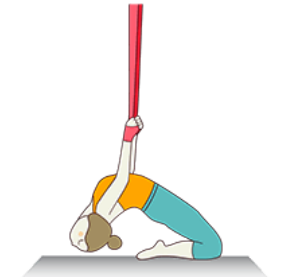
1. Prop Aerial Hammock



2. Thunderbolt Pose Supported Neck Aerial • Vajrasana Supported Neck Aerial



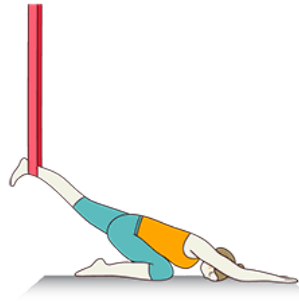
3. Easy Pose Forward Bend Aerial • Sukhasana Forward Bend Aerial



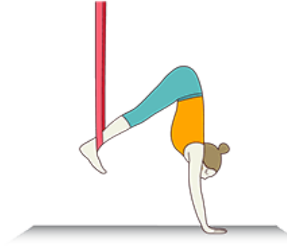
4. Pigeon Pose Aerial • Kapotasana Aerial



5. Plank Pose Aerial I Variation • Phalakasana Aerial I Variation



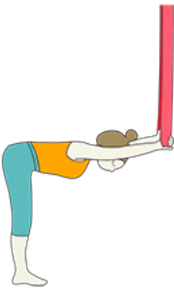
6. Child Pose One Leg Aerial • Balasana Eka Pada Aerial



7. Handstand Pose Prep Aerial • Adho Mukha Vrksasana Prep Aerial



8. Cow Pose Aerial • Bitilasana Aerial



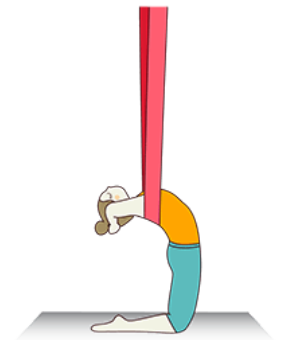
9. Half Forward Fold Pose Aerial • Ardha Uttanasana Aerial



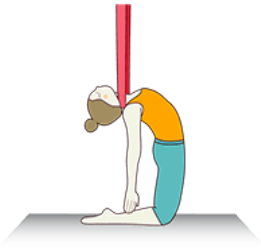
10. Standing Forward Fold Cat Pose Hands Aerial • Uttanasana Marjaryasana Hasta Aerial



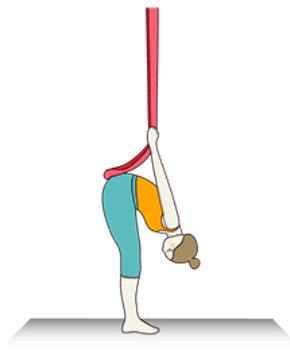
11. Chair Pose Aerial • Utkatasana Aerial



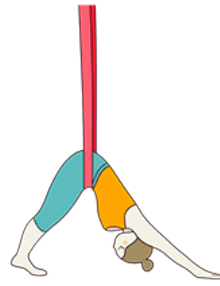
12. Supported Camel Pose Bound Hands Back Aerial • Salamba Ustrasana Baddha Hasta Back Aerial



13. Supported Camel Pose Neck Aerial • Salamba Ustrasana Griva Aerial



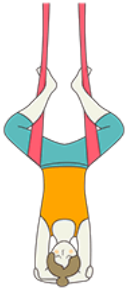
14. Standing Forward Bend Pose Aerial • Uttanasana Aerial



15. Downward Facing Dog Pose Aerial • Adho Mukha Svanasana Aerial



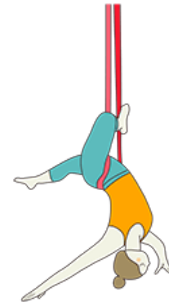
16. Scorpion Pose Legs Aerial • Vrschikasana Pada Aerial



17. Inverted Butterfly Pose Bound Hands Aerial • Inverted Baddha Konasana Baddha Hasta Aerial



18. Half Bound Angle Pose Inverted Aerial • Ardha Baddha Konasana Viparita Aerial



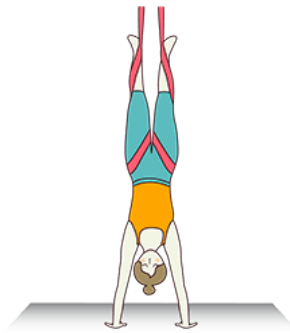
19. Half Pigeon Pose Inverted Aerial • Ardha Kapotasana Viparita Aerial



20. King Dancer Pose B Aerial • Baddha Natarajasana Aerial



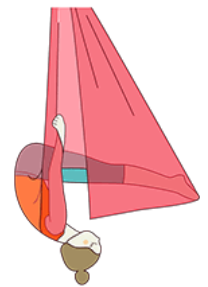
21. Chandelier Pose Aerial



22. Handstand Pose Aerial • Adho Mukha Vrksasana Aerial



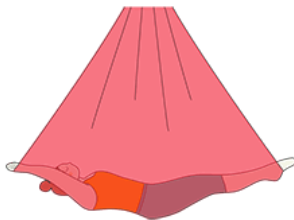
23. Unsupported Shoulder Stand Pose Aerial • Niralamba Sarvangasana Aerial



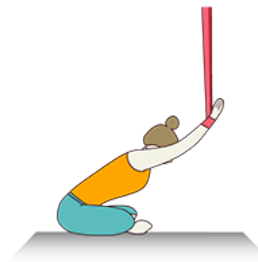
24. Bat Pose Aerial



25. Dove Pose Aerial • Dvi Pada Viparita Dandasana Pada Aerial



26. Corpse Pose Aerial • Savasana Aerial



27. Easy Pose Forward Bend Aerial • Sukhasana Forward Bend Aerial



28. Easy Pose Variation Arms Knees • Sukhasana Variation Arms Knees