



Earth & Aerial
YOGA



Fast Facts

Established: 2019

Founders: Katharine Scalora, Lora Markova

Number of Instructors: 16+

Number of Active Monthly Clients: 175+

Number of Weekly Classes: 30+

Class Sizes: 14 (aerial yoga), 6 (aerial hoop)

Contact Us

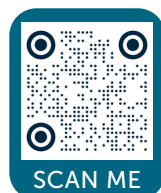
978-257-0075

info@earthandaerialyoga.com

earthandaerialyoga.com

earthandaerialyoga

43 Broad St., Suite B307, Hudson, MA 01749



SCAN ME

Company Fact Sheet

About Us

Earth & Aerial Yoga is a unique fitness and wellness studio, located inside a bright, modern, industrial space in the heart of Hudson, MA. We offer aerial yoga and aerial hoop classes and workshops, kids classes and camps for grades K-12, private training and group events, and teacher trainings.

Our Mission

To create a safe space for people of all ages and fitness levels to practice, play, and explore their physical and mental limits as part of a supportive community. No experience necessary.

Our Practice



Aerial Yoga

A type of yoga in which students use a fabric hammock (silk) as a prop, to get better support, deeper stretch and safer inversions.



Aerial Hoop

Aerial hoop a.k.a. lyra is a round metal apparatus that is suspended from the ceiling and is used to perform aerial acrobatics, while building strength, flexibility and confidence.



Benefits

- Stronger and more toned body
- Back pain relief & muscle tension release
- Improved posture & increased mobility
- Greater balance & coordination
- Stronger mind-body awareness
- Chance to explore & play