



Beginner Aerial Silks Pose Guide (The Aerial Attitude) (Volume 1)

Sam Mellor

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This 75 page Beginner's Pose Guide to Aerial Silks covers 40+ basic poses to get you started on your aerial journey. With full color photos and detailed descriptions this guide covers warm up and conditioning exercises, three different footlocks, 25+ poses from those footlocks, wrist wraps, poses from wrist wraps, and basic inversions. This guide is a great companion for the aspiring aerialist and as always, recommended to go alongside your aerial practice with a competent aerial instructor.

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