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manual includes over 250 pictures describing steps in detail to over forty beginning moves on silks. This manual is perfect for teachers and students alike. Focusing on injury prevention, ...

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manual has full color pictures of every step to describe more than fifty moves and their variations. Everything from locks and basic wraps to drops and intermediate sequences of choreography is covered in this two-part manual series.

Beginning Aerial Fabric Instructional Manual

Aerial Silks Manual Instructions for Aerial Silks Skills.

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The Beginning Aerial Fabric Instructional Manual is a fantastic full-colour book aimed at those new to aerials silks (tissus). It provides detailed step-by-step instruction, using over 250 photos to teach over forty basic moves.

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Rigging and aerial fabric, while referred to in this manual, does not replace consulting a professional rigger when it comes to hanging any aerial equipment or its use. It is highly recommended that you contact a professional rigger and practice under the supervision of a trained instructor whenever inverting or using an aerial fabric.

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What are Aerial Silks and what training should you follow ...
Instruction Manual Aerial Silks Complete Setup Fabric Tissu
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indicator that they are not ready for aerial fabric at this level,
and they need to spend time

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Aerial Fabric Manual

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.

Providing Hardware For Flight - aerialessentials.com

Rigging and aerial fabric, while referred to in this manual, does not replace consulting a professional rigger when it comes to hanging any aerial equipment or its use.

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The Aerial Yoga Manual Vol.1: Rebekah Leach:
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The Aerial Yoga Manual Volume 1
Aerial Fabric Beginning Instructional Manual - Digital. Price \$32.95. Aerial Fabric Intermediate Manual Vol. 2 - Digital

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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 performances both domestic and international.

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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 yoga just as in any other movement form and not get caught up with a move ▯belonging▯ to someone. Choreography

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belongs to someone. Moves do not.

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A revolutionary series on vertical aerial theory, the Aerial Rope Manual Series contains the core ideas of a rope curriculum, exquisitely organized, beautifully documented, and written about in detail. A must-read for practitioners of either rope or fabric, these manuals connect wraps like never before.

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