



ACROYOGA COLLECTIVE

ACROYOGA AND DANCE COMBINED

HEALTH AND FITNESS ADVICE





A NOTE FROM ROB AND JULIE

AcroYoga Collective is an inclusive company, In this document we outlining our recommendations for some health and fitness risks that AcroYoga may pose, however we try and accomodate where possible. The practice of AcroYoga is accessible to the vast majority of people, and while we teach to the capacity and experience in the room, there are certain conditions which are contraindications to AcroYoga.

HAVE A READ THROUGH BEFORE PARTICIPATING
IN ACROYOGA PRACTICE

A photograph of two people performing an AcroYoga pose on a mat. One person is lying on their back, and the other is standing on their feet, holding their hands. The word "CONSIDERATIONS" is overlaid in large white letters.

CONSIDERATIONS

The main contraindications (physical conditions which make AcroYoga inadvisable) that we have identified are:

- Arthritis and Arthrosis
- Carpal Tunnel Syndrome
- Chronic Fatigue Syndrome
- Hamstring injuries/inflammation (for bases)
- Heart disease
- Hypertension (unless controlled by medication)
- Osteoporosis
- Pregnancy
- Postpartum (first 12 weeks postpartum)
- Posterior total hip replacement
- Postoperative phase (undergone surgery within the last month)
- Slipped discs
- Varicose Veins

If you are at all unsure of whether any injuries or conditions you are living with are unsuitable for AcroYoga, please contact us ahead of the class/workshop/retreat etc.: hello@acroyogacollective.com

BENEFITS





Positive impact of practising AcroYoga

There are many benefits to practising AcroYoga, both for our physical mental health, as well as inter personal skills. Some benefits are:

- Better alignment and posture
- Increased spatial and kinaesthetic awareness
- Greater understanding of core strength and conditioning
- Bigger range of mobility and flexibility
- Enhanced communication skills
- Trust
- Helps build relationships
- Sense of community
- Increased concentration and focus
- More agile thought process



HELLO@ACROYOGACOLLECTIVE.COM