

# FLY CREEK AERIAL YOGA



5 WEEK  
BASSETT  
WORKSHOP



## CURRICULUM

The 5 week series will feature low intensity, high impact aerial and partner yoga training. Workshops will focus on exploring nervous system regulation tools such as breath work, and connecting with the physical body to identify and release the “issues in the tissues.” Curriculum will include team building exercises, strength development, and learning how to manage and release tension and stress. All levels of practice and fitness will be accommodated. Our studio, located next door to the Fly Creek Cider Mill, is a peaceful, intimate setting designed to promote and nurture inner serenity, and a deeper connection to the self, self care (*critical for those who offer care to others*) and each other.





# WELCOME!

- ✓ Please wear yoga pants or leggings, sweatpants OK, and a tank or T-shirt, but do bring a hoodie or sweatshirt.
- ✓ Please arrive to session fully digested; eat light earlier am.
- ✓ Bring a bottle of water!
- ✓ No dangly earrings or jewelry please!







## DETAILS

We are located right next door to the Fly Creek Cider Mill:

276 Goose Street, Fly Creek, NY

1.5 hour sessions x 5 weeks

Wednesdays in May 2024 / Final session June 5

9 - 10:30 AM

Park in front of the main house, walk down the driveway to the rear yoga studio - you will see the sign!





**Mary Amatuccio**

1 review · 2 photos

★★★★★ a month ago

Fly Creek Aerial Yoga with Beatrice is an amazing class. I would highly recommend it to anyone who wants to try anything new and wants to feel wonderful afterwards. Beatrice is the most down to earth person I know. She's patient and realizes everyone is at a different place in their life. She doesn't judge and will guide you through each pose. You become aware of new things your body is capable of. You can leave any issues at the door. She gets you to relax and you feel so refreshed after class, ready to take on the world. She's a beautiful lady.



**Carol Lombardo**

2 reviews

★★★★★ a month ago

Awesome experience! Beatrice is an excellent instructor! I always leave class feeling so calm and relaxed and so in tune!



**Kelly Tolley**

4 reviews · 1 photo

★★★★★ 3 weeks ago

NEW

Absolutely amazing studio. Great vibes and energy. Attending yoga sessions led by Beatrice is always an enlightening experience. Her deep understanding of yoga philosophy combined with her calming presence, creates an atmosphere conducive to growth and self-discovery. Each class is thoughtfully curated, seamlessly blending physical challenges with mindfulness techniques. Whether you're a beginner or seasoned yogi, Bea provides guidance and support to help you deepen your practice and cultivate inner peace. Highly recommend for anyone seeking a holistic approach to wellness through yoga.

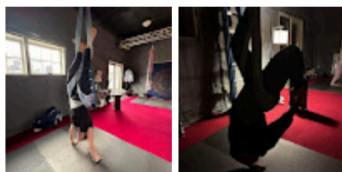


**Sandra DeAngelo**

1 review · 2 photos

★★★★★ a month ago

Amazing practice for physical AND mental wellness! Bea is an amazing instructor, coach, and mentor. With her guidance through each pose you leave feeling stronger, calmer, and kinder to yourself and others! Highly recommend!



**Amanda Travis**

Local Guide · 37 reviews · 55 photos

★★★★★ a month ago

I cannot say enough positive words about Beatrice and her studio. I have re-found my strength and confidence through her methods. Mind body and soul goodness ❤️🙏

