



BEND+FLY

## CARLY PONTER | BIO



Carly has been studying and practicing yoga and its philosophies for the past decade and is blessed enough to have been teaching since 2016.

Her mixed modality background includes a variety of different yoga styles, Pilates, aerials, massage therapy, meditation and more. This diversity allows for her to cater to a wide variety of students from beginners through to advanced, from single students through to larger groups. Sessions with her will often be centred firmly around education and personal empowerment, with a focus on anatomy ... all with a cheeky bit of humour!

She believes firmly that no matter what your skill level is, your body shape, age, limitations etc... yoga is for every-BODY whether it's on the floor or in the air, and it should be fun!

### ONE ON ONE FOCUS

- ✓ Introduction to aerial or mat yoga
- ✓ Technical instruction, technique and alignment for aerial & yoga
- ✓ Advanced pose deconstruction, regression, progression aerial or yoga
- ✓ Aerial Pilates, aerial fitness and conditioning
- ✓ Mobility, strength and stability
- ✓ Spinal decompression and assisted stretching
- ✓ Meditation, yin, restoratives and mindfulness



M: 0456 786 475 | @CARLY.PONTER.YOGA



BOOK  
VIA  
APP

1ON1  
PERSONALISED YOGA OR AERIAL

INTRODUCTORY OFFER  
**3 SESSIONS \$297**