



BEND+FLY

## CAMERON TAYLOR | BIO



If you are progressing, or starting your yoga or aerial practice, interested in learning how to enhance your bodies movement and mitigate potential injury from your activities then personalised sessions with Cameron will benefit you.

Sessions are designed specific to your needs and goals, utilising clear instruction and a combination of functional mobility, asana progressions, tension and relaxation techniques and breathing exercises. Sessions can include work on the floor and/or aerial hammock.

Cameron brings over 7 years of teaching experience and more than 400 hours of training in yoga, mobility, fitness, physical therapy and personal coaching. He is passionate about helping you to move your best and love moving your body!

### ONE ON ONE FOCUS

- ✓ Functional strength & mobility training
- ✓ Body control and stabilisation
- ✓ Alignment and postural awareness
- ✓ Build aerial hammock confidence
- ✓ Safe progressions for advanced asana
- ✓ Stress relief & spinal decompression



M: 0452 588 561 | @MOVE\_WITH\_CAM



BOOK VIA APP

**1 ON 1**  
PERSONALISED YOGA OR AERIAL

INTRODUCTORY OFFER  
**3 SESSIONS \$297**