



BEND+FLY

LAUREN MASON | BIO



Growing up as a gymnast and now training as an aerialist, Lauren shares her love of all things aerial.

Lauren has completed over 500 hours trainings in Australia and the US, and is a qualified Power Yoga, AIR, and AntiGravity Teacher, specialising in Aerial Fundamentals, Aerial Yoga, and Aerial Fitness.

Whether you are brand new to aerial and would like to explore freedom of movement with the AntiGravity hammock; or lead a sedentary lifestyle and need to decompress, stretch and strengthen; or you are an experienced student looking to improve or expand upon your practice, Lauren will give you the support, encouragement, and tools to help you reach your goals and find your own passion.

ONE ON ONE FOCUS

- ✓ Introduction to Aerial (Beginners/Nervous students)
- ✓ Skill breakdown, technique and progressions
- ✓ Strength and flexibility training
- ✓ Spinal decompression and assisted stretching
- ✓ Advanced aerial skills and transitions
- ✓ Aerial sequencing and choreography



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BOOK
VIA
APP

1 ON 1
PERSONALISED YOGA OR AERIAL

INTRODUCTORY OFFER
3 SESSIONS \$297