



BEND+FLY

RACHAEL GIBSON | BIO



Rachael has been teaching for more than 15 years and has 700+ hours of training in mat and aerial yoga.

With a background in circus, a great eye for detail, and a big open heart, Rachael is well positioned to help a wide range of students. She loves supporting new students as they begin their journey of growth through aerial or mat yoga, and delights in helping both beginners and experienced students to improve their strength, stability and flexibility.

Her long term practice of mindfulness and meditation brings a steady presence and an interest in assisting students to gradually deepen their own spiritual practice.

ONE ON ONE FOCUS

- ✓ Introduction to Aerial or Mat Yoga
- ✓ Skill breakdown, technique and progressions
- ✓ Assisted stretching and Aerial spinal decompression
- ✓ Whole body mobility and flexibility
- ✓ Strength and stabilisation
- ✓ Mindfulness and meditation



M: 0412 991 925 | @RARASPARKLES



BOOK
VIA
APP

1ON1
PERSONALISED YOGA OR AERIAL

INTRODUCTORY OFFER
3 SESSIONS \$2797