



[Leeds Aerial Arts 2020]

Leeds Aerial Arts Patreon Ts & Cs

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In participating in any of this shared content you acknowledge that you are accepting responsibility for your own health, safety and injury prevention. If you have any concerns which may affect your ability to participate you should contact your doctor before taking part. Please note, this resource is NOT a replacement for attending class with a qualified instructor. It is intended as a library of moves and exercises for reference. If you need more help with a move, you should contact me or ask your instructor. Resources are labeled by skill level - However you must make your own assessment as which resources are best suited to your level.

Please practice in a safe and clear environment and work to your own limits. As the creator is unable to offer physical support you are responsible for practicing in a controlled manner. It is your responsibility to ensure that you are sufficiently warm before taking part. If you do not feel warm enough to continue with the class, please pause the video and continue your warm up. The creator is not responsible for any injury or damage caused as a result of following this content.

If you have any questions before continuing please contact lorna@leedsaerialarts.co.uk