



Intermediate Guide to Aerial Silk

By Jill Franklin

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Jill Franklin's Intermediate Guide to Aerial Silk provides comprehensive and easy to follow instruction for the experienced aerialist. Coupled with clear, concise, directions and technical photos, Jill takes you on a step-by-step journey of proper form and position for each maneuver. Most important, Jill's mandatory motto, 'SAFETY FIRST' is emphasized throughout this guide. Intermediate Guide to Aerial Silk is not intended as a sole learning avenue but rather, a customized tool to assist you when taking aerial instruction with a qualified instructor. This guide will help you gain the strength of a Cirque performer, the lovely lines of a Ballet dancer and fluid movement like a Pilates pro. To learn more visit: www.aerialphysique.com

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Editorial Review

About the Author

Jill Franklin is the owner of Aerial Physique, the highly sought after aerial fitness company featured on a host of media outlets including; NBC's - The Today Show, Good Day LA, CBS - Inside Edition and many more. Jill's background in Ballet, Pilates and Yoga encompass her Aerial Physique methods. Jill has performed her aerial act for elite companies and venues in L.A., New York and China. Her passion for aerial and helping others achieve individual goals, is her inspiration behind this book. The Aerial Physique studio is based in Los Angeles, California. Jill offers a teacher training program and numerous workshops worldwide.

Users Review

From reader reviews:

Serina Horne:

Have you spare time to get a day? What do you do when you have far more or little spare time? Yeah, you can choose the suitable activity with regard to spend your time. Any person spent all their spare time to take a move, shopping, or went to the particular Mall. How about open as well as read a book allowed Intermediate Guide to Aerial Silk? Maybe it is to become best activity for you. You realize beside you can spend your time together with your favorite's book, you can better than before. Do you agree with it is opinion or you have some other opinion?

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