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**From:** [REDACTED]  
**Sent:** Monday, June 20, 2016 8:15 PM  
**To:** jeffrey E.  
**Subject:** Aerial yoga  
**Attachments:** image1.JPG; Untitled attachment 00061.txt; image2.JPG; Untitled attachment 00064.txt; image3.JPG; Untitled attachment 00067.txt

And finally, here's the aerial yoga review. The studio has two locations- Union square and Garment district. It's called Om factory. I believe the other studios offer those classes as well but I chose that one because it offered a trial month at a discounted price.

From what I've learned so far is that you can't call it yoga because it has nothing to do with chakras, channels and movement sequences but the benefits are even better if you use it right and avoid the lower back bending. I highly recommend it for the girls because it works wonders for the lower core and ovarian area and for men too, especially the upside down positions when the body is suspended, it's easy to do and has no compression on the spine. I've attached a few photos to this email and want to draw your attention to the position where I'm sitting on the floor with my neck in the hammock. It feels like heaven! My first thought when I've tried it was that I should show it to Jeffrey!