THERE ARE RISKS AND COSTS TO ACTION. **BUT THEY ARE FAR LESS THAN THE LONG** RANGE RISKS OF COMFORTABLE INACTION. JOHN F. KENNEDY

IN THE AIR



Roa'a Al-Sahhaf demonstrates during a class

has soaring su with aerial yo business

Saudi trapeze c

Modern yoga classes ha so popular among Sau Roa'a Al-Sahhaf is alread to expand throughout the



Students in Roa'a Al-Sahhaf's class

Arab News | Jeddah

after launching the Kingdom's a child. However, she only began first aerial yoga studio.

Roa'a Al-Sahhaf, the country's first female circus performer, said cus performer. Actually, it was my her modern yoga classes have childhood dream to perform in a proved so popular among Saudis circus, and thanks to Taif Season she is already looking to expand it came true in Circo Americano," throughout the Kingdom.

three girls, opened Saudi Arabia's val season of activities Al-Sahhaf first certified aerial arts studio performed in flying trapeze and

I had times where I could not travel, so I wanted to practice it here in my city. I decided to open a studio room in my It started with family and friends of friends, and little by little gyms and studios began to call and ask me to give classes

ROA'A AL-SAHHAF

house, and it worked.

March this year offering yoga, pole dancing, Pilates, family dance classes, and boxing.

Aerial yoga uses a hammock to support, either fully or partially, the weight of students while they work on traditional yoga postures. Not only does it enable them to perform advanced yoga moves that would normally take years to learn but hanging upside-down can be good for the spine and builds confidence.

Al-Sahhaf graduated from The Prince's Foundation School of Saudi flying trapeze artist Traditional Arts in London and has found soaring busi- has been practicing aerial silks, Lness success just months as they are known, since she was to make a career of it in 2009.

"I was the first Saudi female cirshe said.

The 42-year-old mother of During the recent Taif festi-

circus.

"I tried to join Circo Americano a year ago, but it was not allowed added. "But when things changed, I leapt at the opportunity to she added.

Pole dancing

cipline of pole dancing and oth- and other GCC countries. er aerial moves in 2012 and she number of top US and European

travel, so I wanted to practice it skills I used to sign up," she said. take part. here in my city. I decided to open

a studio room in my house, and lidiyah district of Jeddah, offers 23 for females to participate," she by little gyms and studios began teach aerial arts. to call and ask me to give classes,'

Al-Sahhaf now offers workgyms and studios across Jeddah, The Pole Spirit Paris studio was in addition to running workshop where Al-Sahhaf learned the distours throughout the Kingdom

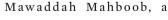
gymnastics. "I saw aerial hoop Armed with her qualifications, few years ago, and I was hooked. their gym schedules," she added. yea she decided to introduce her My parents used to live there, so passion for aerial arts to Jeddah. whenever there was a chance to Her studio, located in Al-Kha-

it worked. It started with family workshops and training programs att and friends of friends, and little for fitness instructors looking to die lov

Aerial yoga

In the future, Al-Sahhaf wants pu shops and classes in more than six to build a Saudi community of aerialists. "I want to engage with in the Saudi General Entertainment me Authority for more performances to and shows done by the studio bri Raised in Paris, Al-Sahhaf said team. I would love to collabo- add is now a certified coach from a she always had a passion for rate with gyms and studio owners around Saudi Arabia to include pro in a show when I was in Paris a these types of arts and sports in du

Al-Sahhaf said aerial yoga had acc many mental and physical health age "I had times where I could not learn gymnastics or aerial silks benefits and most people could ago



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in the coastal city of Jeddah in aerial shows with the famous Roa'a Al-Sahhaf performs with a ring in her studio