



PRESS KIT



UPLIFT MAUI

Aerial. Yoga. Wellness.

**"WE RISE BY LIFTING
OTHERS."
~ ROBERT INGERSOLL**

our mission

Uplift Maui strives to be an elite provider of services for enhancing, enriching, and uplifting the health and lives of individuals and the community through unique movement such as aerial yoga, aerial dance, as well as yoga and other forms of fitness, nutrition, and holistic healing for the body, mind, and spirit.

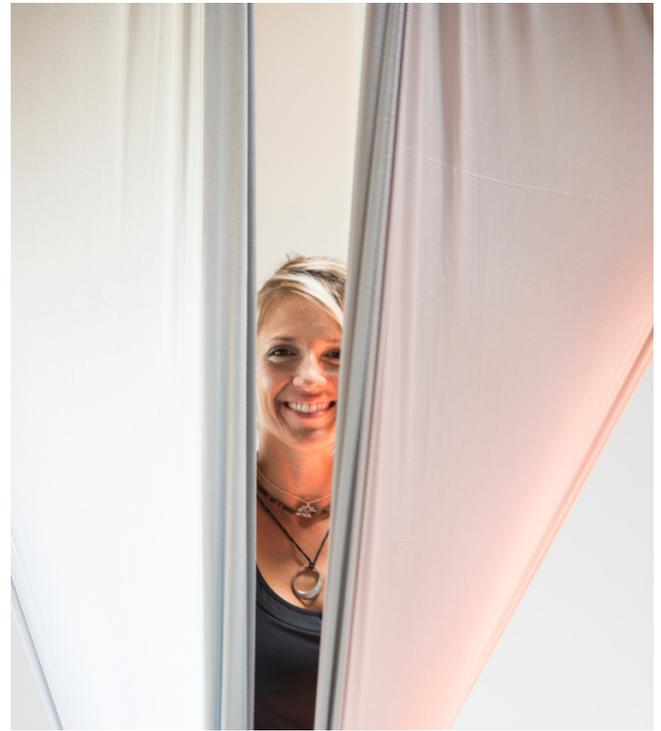


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MEET UPLIFT MAUI FOUNDER ANDREA FORS (AKA DRE)

Andrea Fors (aka 'Dre') is the founder and owner of Uplift Maui. She discovered her love for aerial dance in 1998, while attending the University of Georgia. There, she apprenticed under the directorship of Susan Murphy, one of the first people to develop the art of dance-trapeze, and she discovered a love for how physical strength and art/emotion collide.



Andrea has been teaching aerial dance/fitness, pilates, personal training, and yoga for over 16 years, but it wasn't until personal and health issues overcame her that she found her true journey. Battling back to health and alignment took many years, but after enduring through it with yoga and other modalities of healing, she is dedicated to helping others find their own path back to wholeness and health through movement, energy work, and proper lifestyle and nutritional choices. Part of that journey was moving to Maui, where she felt called to be and she has since been dedicated to helping the community embrace wellness activities.

Her professional credentials include: RYT 500 Yoga Alliance Certified, Unnata Aerial Yoga certified, Power Pilates Certified, ISSA certified, B.S. Psychology; Masters in Social Work



CLASS DESCRIPTIONS



AERIAL YOGA



Aerial Yoga- Basics:

Prerequisite-none

Some floor yoga experience advised

A gentle introduction to aerial yoga for beginners or those wanting a more gentle practice. Learn beginner level postures using the sling and experience the benefits of some of the basic fundamental postures. Gentle for any ability.

Aerial Yoga-Strength/Stretch:

Level 1/2

Prerequisite: Aerial Yoga Basics

This class provides more challenging postures, will use the sling to work your core and total body strength, and then combine this with some deep stretches in the sling such as inversions, back bends, and more.

Aerial Yoga for Length:

Level 1/2

Prerequisite: Aerial Yoga Basics

Gentle opening movements to warm the body, followed by some deep longer holds, using the sling and the breath to help the body release and open. Stretch and lengthen tight areas of the body.

Aerial Yoga Flow:

Level 2. Prerequisite: 5 prior aerial yoga classes or instructor permission

This class will take postures on the sling and utilize creative transitions and movement to flow from one posture to another. Dance like movements inspire creativity.

CLASS DESCRIPTIONS

AERIAL DANCE TRAPEZE



Aerial Dance Trapeze-Beginner Series

Level 1 - No experience required

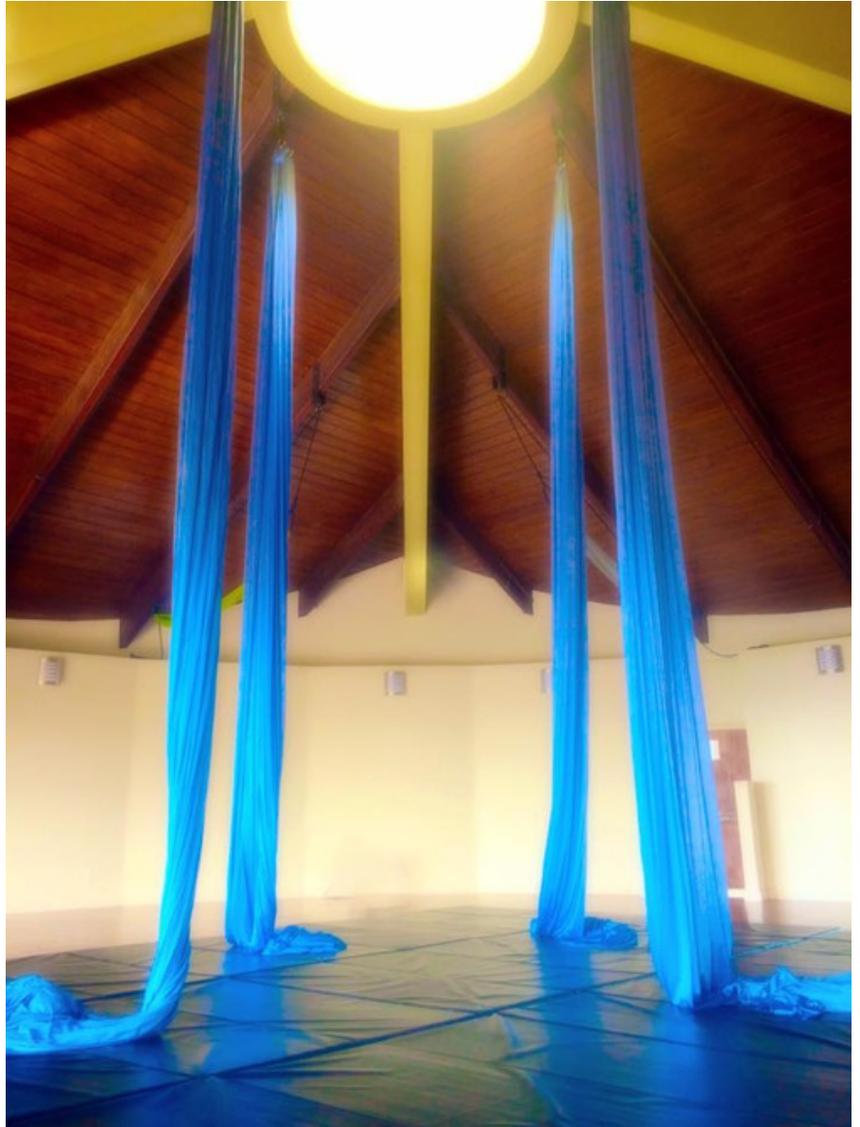
In this class, we will use low to the ground, single-point trapezes, which allow for gentle swinging and movement in combination with the floor. You will learn basic moves and movement on and up in the trapeze. This is a series class to build technique from week to week.



CLASS DESCRIPTIONS

AERIAL SILKS

"The use of gravity allows the body to find correct postural alignment, to release, realign, and lengthen more efficiently, and invites in a sense of **playfulness**. Great for any ability!"



Aerial Silks – Beginner Series

Level 1- No experience required

We will use Aerial Silks to learn fundamental techniques like how to climb, some foot wraps, and more! Then we will progress and learn to use these techniques to create simple combinations up in the air.



ABOUT THE LOCATION



the wellness studio at

Hotel Wailea®
MAUI

All classes are held inside the Wellness Studio at Hotel Wailea, Relais & Châteaux Ocean views, a cool island breeze and the sounds of paradise complete this unique wellness experience.

Located at 555 Kaukahi Street, Hotel Wailea, Relais & Châteaux is situated on 15 acres of tropical hillside, this upscale all-suite hotel is 1.2 miles from Wailea Beach and 1.5 miles from Wailea Golf Club.

Classes are open to the public and hotel guests 18 years and older.
Complimentary parking for class participants.

Uplift Maui
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upliftmaui.com

  @upliftmaui

