

FOR IMMEDIATE RELEASE

Michelle Dortignac, Originator of Aerial Yoga, Brings Exclusive Hammock-Assisted Yoga to Lancaster, PA

The founder of aerial yoga now offers small, personalized classes — including the only hammock-assisted yoga in Lancaster.

Lancaster, PA — November 10, 2025 — A more personal yoga experience is now available in Lancaster, Pennsylvania — with global roots. Longtime instructor **Michelle Dortignac**, credited with originating *aerial yoga* in 2006 in New York City, has settled in Lancaster and is offering both **traditional mat classes** and **hammock-assisted yoga** — the only offering of its kind in the city.

Held in Michelle's private home studio near the heart of Lancaster, each class is limited to just three students. The small size makes it possible to offer truly individualized instruction, gentle guidance, and a pace that supports both beginners and experienced practitioners.

"My goal is to create a space where each person feels seen, supported, and encouraged," says Dortignac, who has taught yoga since 1998. "With fewer students, I can tailor each session to meet you exactly where you are — and help you move forward in a healthy, sustainable way."

Michelle's yoga journey has taken her far beyond Lancaster. After pioneering aerial yoga nearly 20 years ago, she developed the Unnata® Aerial Yoga teacher training program, which has certified instructors and influenced yoga schools worldwide. She has spent the last two decades teaching, leading trainings, and evolving her hammock-assisted approach across the U.S. and internationally.

Now, she brings that same expertise to Lancaster. By choosing "hammock-assisted yoga" as her preferred term, Michelle highlights the supportive role the hammock plays: making postures more accessible, adding an element of ease and lightness, and offering students a unique pathway into their practice.

In addition to small-group classes, Michelle offers private sessions, gift certificates, and special bookings for intimate group events such as bridal parties, corporate retreats, and wellness days.

For interviews, photos, or to schedule a class visit, please contact:

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About Michelle Dortignac

Michelle Dortignac is a certified yoga teacher with nearly three decades of experience. She originated aerial yoga in New York City in 2006 and went on to create the Unnata® Aerial Yoga teacher training program, sharing her methods with students and teachers worldwide. She now

resides in Lancaster, PA, where she teaches both traditional and hammock-assisted yoga in small, personalized sessions from her home studio. Her classes are grounded in traditional Hatha Yoga, with a focus on mindful movement, individual attention, and a calm, welcoming space where students can grow in their practice — at any level.

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