

BET Television Executive Lea Walker Takes Career to New Heights with Aerial Yoga and Pole Studio



Lea Walker at Aeriform Arts

North Hollywood, CA – As a busy television executive, Lea Walker knows the demands of a grueling career. A current Director of Production for Original Programming at BET, Walker can boast not only having worked on a roster of hit shows including “Sunday Best,” “Tiny & Toya,” and “American Gangster,” but also having interacted with a slew of fabulous talent like John Salley, Damien Wayans, Ryan Seacrest, Snoop Dogg, and Janet Jackson. But all that glitters is not gold, and even with a her dream job, some part of Walker knew something was missing.

When the demands of her busy lifestyle took a toll on her health, the busy career maven found herself in the emergency room. Back and reproductive issues were revealed and the ensuing surgeries left her bedridden for weeks. Walker discovered that the surgery not only stripped her of her physical strength but also her sense of body confidence and power.

“My scars became a symbol of how my body had failed me. While stuck in bed I came to the conclusion that maybe I needed to finally slow down and just do something for me. My friend suggested a pole dance class. I figured it looked fun so what the heck,” reveals Walker.

Walker discovered that pole dance/fitness not only was great fun, but it restored her sense of 'self.' In addition, the exercise and movement led to her back pain subsiding and she was able to avoid additional operations. From pole dancing she moved on to aerial yoga. Aerial yoga makes use of hammocks, that provide aerial suspension for a total body workout incorporating the techniques of yoga, core conditioning, strength training, Pilates and more. Centered, confident and reconnected to her feminine side, Walker wanted to share her new found empowerment and Aeriform Arts was born !

Walker's Aeriform Arts, located in the art district of North Hollywood, CA is a fitness studio that welcomes every "body" to come and work out while having fun. The beautiful mirrored space is home to eleven aerial yoga hammocks, a lyra, hanging silks and five brass dance poles. Many of the classes are co-ed and Walker offers an intimate setting for a wide range of exercise course work including aerial yoga, yoga, pole, Pilates, stretching, classic burlesque, BUTI and aerial fit, which incorporates pole, beam, barre, hammock, silks and lyra !

She has also assembled a roster of some of Los Angeles' best fitness instructors including Leigh Acosta, specializing in pole, lyra and aerial fit; Amber Porter for aerial fit; Jennifer Kim for pole; Kristina Serna for BUTI and Saharah Ali for aerial yoga.

Still working as a busy television executive, Walker finds that running the studio, along with a steady diet of classes, serves to now keep her lifestyle more balanced and focused.

"There is something about hanging out, upside down and in mid-air that is just so liberating," adds Walker. "You really forget about the rest of the world and tune into a deep sense of the present moment and self. And it is truly a feat that anyone and everyone can conquer. I was suffering from back pain and health issues so I am a living testimony. I really

just want to share this sense of freedom with everyone I can. Aeriform Arts is a safe haven where you can learn to let go and let your spirit fly !”

Aeriform Arts is located at 5625 Lankershim Blvd. in North Hollywood, CA. Take flight at Aeriform Arts at <http://aeriformarts.com/> or by calling 818-980-AERI (2374).

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