



AERIAL YOGA

FOUNDATIONS TEACHER TRAINING

DATES 2024

Choose from the following options:

- o 23th - 25th August & 7th - 8th Sept '24
- o 15th - 17th, 30th Nov & 1st Dec '24

The course is five days in total, from approx. 10am to 5pm each day. The final schedule will be arranged with each group.

It will be held in Johannesburg, South Africa at Vertical Vixen, Jukskei Park, JHB.

The Aerial Yoga Foundations course will give you over 100 poses to create new and challenging classes for your students. It's the perfect way to share your love of Aerial Yoga and it's the perfect addition to a studio already offering a range of wellness options or just on its own.

Within this training Programme you will learn how to teach Aerial Yoga safely, taking into consideration your equipment, the environment and most importantly your students. We encourage you to use your experience to create your own unique Aerial Yoga class or you can use the training to deepen your own understanding of Aerial Yoga.

COURSE CONTENT

The Aerial Yoga Foundations course will include lectures covering both the theory behind, and practical application of the Aerial Yoga Foundation poses.

- o About Aerial Yoga, the vision and the style of Yoga
- o Over 100 poses divided into 8 categories
- o Class structuring & sequences
- o Equipment and set-up
- o Practical sessions for assisting students

COURSE REQUIREMENTS

- o A current 200-hour yoga certification or a current exercise certification with a recognized institution (with a regular yoga practice)
- o A CPR / First Aid certification, which can be completed during or after the training.

TOTAL INVESTMENT

The course fee is R8 500. If you wish to split the course fee over 2 months then a deposit of R4 500 secures your space and the remainder fee is due 2 weeks prior to the start of the training. *No certifications will be issued unless payment is made in full.*

The course fee includes your own full colour text book, lectures and access to the online portal with video content.

CERTIFICATION

Before the certificate is awarded, the trainee is required to complete the following:

- o Theoretical short quizzes and one main **online written exam**
- o Instruct a full 60min class as your **practical exam**
- o Attend **15 Aerial Yoga classes**, during or after the training
- o Teach **10 Aerial Yoga classes** once the training has been completed

Register online via <http://www.aerialyoga-online.com/register/>
If you have any questions, please do not hesitate to contact Julie, aerial@aerialyoga.co.za. WhatsApp or call via 072 199 3133



AFFILIATIONS

The Aerial Yoga Foundations course is recognized with Yoga Alliance International and Yoga Alliance South Africa, as a 100hr course. For those wanting to become accredited Aerial Yoga teachers you will be assisted in registering with the Yoga Alliance International, based in India.