

Aerial Yoga

30 hour Teacher
Training



25 HOUR Blissed-out Yoga AERIAL YOGA TEACHER TRAINING



Become a certified Aerial Yoga Instructor in just 30 hours!

WHO CAN JOIN?

This in-person training is open to anyone who wants to deepen their yoga practice, learn how to teach Aerial Yoga, or add new skills to their fitness career. Ideal if you are Yoga teacher or a fitness instructor.

WHAT WILL YOU LEARN?

- The fundamentals of Aerial Yoga poses and flows
- How to set up and use Aerial Yoga equipment safely
- Techniques for adjusting and assisting students
- Sequencing and structuring Aerial Yoga classes
- Anatomy and physiology of Aerial Yoga

BENEFITS OF THIS COURSE:

- Accredited CPD teaching course
- Small class sizes for personalised attention
- Comprehensive course materials
- Access to exclusive resources and ongoing support





Have fun teaching students and taking them beyond what they thought they can do!

DATES AND TIMES:
July 1st - July 6th 2024

VENUE:
Lewes, East Sussex

COURSE FEE: SUMMER SALE!!
Investment: **WAS** £1008, includes all teaching, manuals and follow-up support.
Pay £250 non-refundable deposit, then pay in full by June 15th 2024.

SPECIAL PRICE: £600 booking - Pay deposit, then in full before May 31st 2024

SALE NOW: £600!!

REGISTER NOW:
blissedyoga15@gmail.com

Spaces are limited, so sign up today and start your journey to becoming an Aerial Yoga teacher!



As an aerial yoga teacher training course instructor, I am constantly amazed by the benefits that aerial yoga offers. It is an innovative and dynamic form of yoga that combines traditional yoga poses with the use of a hammock or aerial silk. Not only does it offer a unique experience for yoga practitioners, but it also provides a challenging and rewarding opportunity for aspiring yoga teachers.

During an aerial yoga teacher training course, we explore the anatomy of aerial yoga and its benefits for the mind, body, and spirit. We dive deep into the techniques required for effective instruction, and we provide our trainees with the tools and resources they need to become successful aerial yoga teachers.

One of the biggest advantages of aerial yoga is its ability to improve flexibility. The hammock supports the body in certain poses, allowing for a greater range of motion and deeper stretches than traditional yoga poses. This makes aerial yoga an excellent choice for people who want to increase their flexibility or for those who have limited mobility due to injuries or other conditions.

Another significant benefit of aerial yoga is its ability to increase strength. Holding oneself up in the hammock requires a lot of upper body strength, which is why aerial yoga can help strengthen the arms, shoulders, and upper back. This can be very empowering for students who may not have considered themselves strong before.

During our teacher training course, we also emphasise the importance of balance and coordination in aerial yoga. Maintaining poses while suspended in the hammock requires a lot of focus and concentration, which can help improve balance

and coordination. This is not only beneficial for aerial yoga but also translates to better balance in other areas of life.

We also explore how aerial yoga can reduce stress and anxiety. The sense of weightlessness provided by the hammock can be very soothing for the body and mind, and the mindfulness required for aerial yoga can help practitioners tune out distractions and be present in the moment. This makes it an excellent choice for people who may be looking for a form of exercise that can also help reduce stress.

In addition to the physical benefits, aerial yoga also offers a great opportunity for creativity and self-expression. The hammock allows for a lot of freedom and experimentation with different poses, and students can explore their bodies in new and exciting ways. This can be very empowering and can help students build confidence in their abilities.

Overall, the benefits of aerial yoga are vast and varied. It is a dynamic and innovative form of yoga that offers something for everyone. As an aerial yoga teacher training course instructor, I am always excited to introduce this form of yoga to new students and watch as they discover its many benefits for themselves.



As a teacher I love enabling students do things they didn't think they could do! I love seeing them get stronger, more flexible and graceful over the weeks and I love them breaking through their mental barriers, moving from "I can't" to "I can". Join me on this teacher training and start your teaching adventure!