50 HOUR AERIAL YOGA TTC

WHAT IS AERIAL YOGA?

Aerial Yoga blends traditional yoga with a suspended hammock, offering unique sensations of weightlessness and freedom. The aerial technique employs a combination of yoga, acrobatics, and aerial arts, enhancing flexibility, strength, and spinal alignment while maintaining mindfulness of contraindications for specific health conditions.

In this practice, the hammock guides us through feminine movements, emphasizing proper body alignment to help build confidence and control. Our exploration begins with basic hammock usage and gradually progresses through four levels—half tibia, knee, under glutes, and hip level—allowing for natural development in skill and familiarity with the hammock.

WHO CAN JOIN?

The 50-hour Aerial Yoga Teacher Training is open to yoga teachers seeking to expand their skills, dedicated practitioners wishing to deepen their understanding, wellness professionals wanting to incorporate Aerial Yoga into their practices, and beginners eager to explore its benefits. This training is also suitable for those practitioners looking to refresh their knowledge and renew their practice.

PRANAYAMA & MEDITATION

In this course, we will explore and practice a variety of breathing and meditation techniques, including ancient pranayama from yogic traditions. You will learn breathing practices such as Surya & Chandra Bhedana, Ujjayi Breath, Sitkari, Sitali, Bhramari, Anulom Vilom, Kapalbhati, and Bhastrika. By consciously controlling the breath, pranayama harmonizes the body and mind, fostering a state of balance that cultivates clarity, stability, and ease.

Additional meditation techniques covered in the course include Sthula Dhyana (Object Meditation), Jyoti Dhyana (Candle Flame Meditation), Sukshma Dhyana (Formless Meditation), Yoga Nidra, 7 Chakra Meditation, Trataka Meditation, Om Meditation, and Mind Sound Resonance Meditation.

TEACHING PRACTICE, METHODOLOGY, AND TECHNIQUE

TEACHING PRACTICE IN YOUR YTT

Aerial Yoga blends traditional yoga with the use of a suspended hammock, drawing from a rich history of combining yoga, acrobatics, and aerial arts. This distinctive practice engages multiple aspects of the body's anatomy and physiology, providing a unique sense of weightlessness and freedom.
What sets Aerial Yoga apart is its unique ability to enhance flexibility, strength, and spinal alignment while addressing specific contraindications. The hammock supports a diverse range of movements, and is available in a diverse range of measurements. Proper installation and height adjustments—such as half tibia, knees, under glutes, hips, or acrobatic levels—are crucial for a safe and effective practice. General guidelines for using the hammock include learning the basics of handle straps and aerial asanas, while cultivating an understanding of the pros and cons of each technique.integral parts of the practice include sequencing and transitions with the hammock, the mindful opening and closing of sessions, and adjustments in Shavasana and Cocoon positions.

PHYSICAL BENEFITS OF AERIAL YOGA

- Increased Flexibility: Aerial yoga's suspended poses encourage greater range of motion, enhancing overall flexibility and joint mobility.
- Improved Strength: The hammock challenges a diverse range of muscle groups, fostering greater strength and stability throughout the entire body.
- Enhanced Spinal Alignment: Aerial yoga decompresses the spine, promoting better alignment and reducing pressure on vertebral discs.
- Core Engagement: Balancing in the hammock engages the core muscles, leading to improved core strength and stability.
- Better Circulation and Lymphatic Flow: Inversions in aerial yoga encourage blood circulation and lymphatic drainage, promoting improved circulation and detoxification.

AERIAL YOGA TIPS FOR BEGINNERS

- Start with a qualified instructor: Beginners should join classes led by certified Aerial Yoga instructors to ensure proper guidance and safety.
- Wear comfortable clothing: opt for snug-fitting attire that allows freedom of movement while avoiding loose or slippery fabrics.
- Build core strength: Prioritize building core muscles to enhance stability and control during aerial poses.
- Gradual progression: Begin with basic poses, gradually advancing to more complex ones as you develop strength and flexibility.
- Communicate and listen to your body: Pay attention to your body's limits, communicate any discomfort to the instructor, and always prioritize safety and self-care.

AYURVEDA: FOUNDATIONS AND KEY CONCEPTS (IN GOA ONLY)

- In our Ayurveda section, you'll explore the foundational principles of this ancient healing system, which focuses on balancing the body, mind, and spirit to promote overall well-being. Here's what you'll learn:
- **Basic Principles of Ayurveda:** Understand the core concepts of Ayurveda, including the three doshas (Vata, Pitta, and Kapha), and how they influence your physical and mental health.

- **Dosha Characteristics:** Learn about the unique qualities and functions of each dosha, and how they interact with your body’s constitution and health.

- **Ayurvedic Diet and Nutrition:** Discover how to tailor your diet to balance your doshas, improve digestion, and enhance vitality through the consumption of foods and herbs suited to your unique constitution.

- **Daily Routines (Dinacharya):** Explore daily practices and routines recommended in Ayurveda to maintain balance and harmony in your life.

- **Seasonal Routines (Ritucharya):** Learn how to adjust your lifestyle and diet according to seasonal changes to support your body’s natural rhythms and maintain equilibrium.

- **Cleansing and Detoxification (Panchakarma):** Gain insights into traditional cleansing methods that help remove toxins and rejuvenate the body and mind.

- **Herbal Remedies:** Get introduced to common Ayurvedic herbs and their therapeutic uses for promoting health and treating various conditions.

By grasping these fundamental concepts, you'll be equipped to incorporate Ayurvedic principles into your daily life, enhancing your overall health and well-being.

HANDS-ON TRAINING

In the hands-on training, you will learn how to confidently guide Yin Yoga classes, lasting up to 90 minutes or less. You will be taught to lead both the class and individual asanas, including how to guide students with their eyes covered, using verbal cues to direct their practice. Each session has a specific goal, which you will work towards. Throughout the training, you will receive personalised guidance from our experienced yoga instructors.
You will also have the opportunity to practice teaching, give and receive constructive feedback, observe others while they teach, and assist students during classes led by your fellow trainees.

TYPICAL DAILY SCHEDULE

06:15 - 07:15	Begin your day with pranayama, meditation & cleansing (Kriya)
07:15 - 07:30	Tea Break
07:30 - 09:00	Immerse yourself in the art of asana practice
09:30 - 10:00	Enjoy a serene, silent breakfast, nurturing both body and mind
10:00 - 11:00	Teaching Practice, Methodology, and Technique
11:00 - 12:00	Explore the intricacies of anatomy and physiology
12:00 - 13:00	Discover the connection between Yoga and Astrology.
12:30 - 14:00	Enjoy your deserved lunch
14:00 - 15:00	Engage in self-study, allowing time for personal reflection
15:00 - 16:00	Dive into the realm of philosophy
16:00 - 17:30	Return to the mat for another invigorating asana practice
17:30 - 18:00	Sunset
18:00 - 19:00	Meditation, mantra chanting, sound healing, kirtan, and more!
19:00 - 20:00	Rejuvenate with a nourishing dinner
20:00 - 05:00	Transition into a restful night's sleep

Shree Hari Yoga