

AERIAL YOGA TEACHER TRAINING

PROSPECTUS 2022



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COURSE DESCRIPTION

OUR TRAINING IS AN INNOVATIVE AND TRANSFORMATIVE WAY TO BECOME AN AERIAL YOGA TEACHER WITH FULL WORLD YOGA ALLIANCE REGISTRATION (250HR – LEVEL ONE).

Study at your own pace the online philosophy, anatomy, and responsibilities of a teacher, including cueing, sequencing, spotting, benefits, breathwork, rigging, poses, and therapeutic applications of each pose. The course is fused with traditional grassroots yoga principles & theory. We focus on maximizing safety and giving you business tools to be fully prepared to start your journey as a teacher. An assessment will be then completed before the 2 days in the studio.

2 days where you will be immersed in the practice of teaching Aerial yoga with trainer Sharon Krisanovski. You will need a minimum of 3 months to study and submit your written test before attending this workshop.

10 compulsory in-studio or online classes you will have to attend so you can be confident for your final examination.

For your final assessment, you will record a 30-minute video of you teaching a class.

Assessments and log-book hours can be organized in-studio (please talk to Sharon to book a time).

The whole way you will be supported on your journey to becoming a teacher, developing self-practice, and delivering classes to your community through the mentoring program.

REGISTRATION

WORLD YOGA ALLIANCE REGISTRATION - 250HR

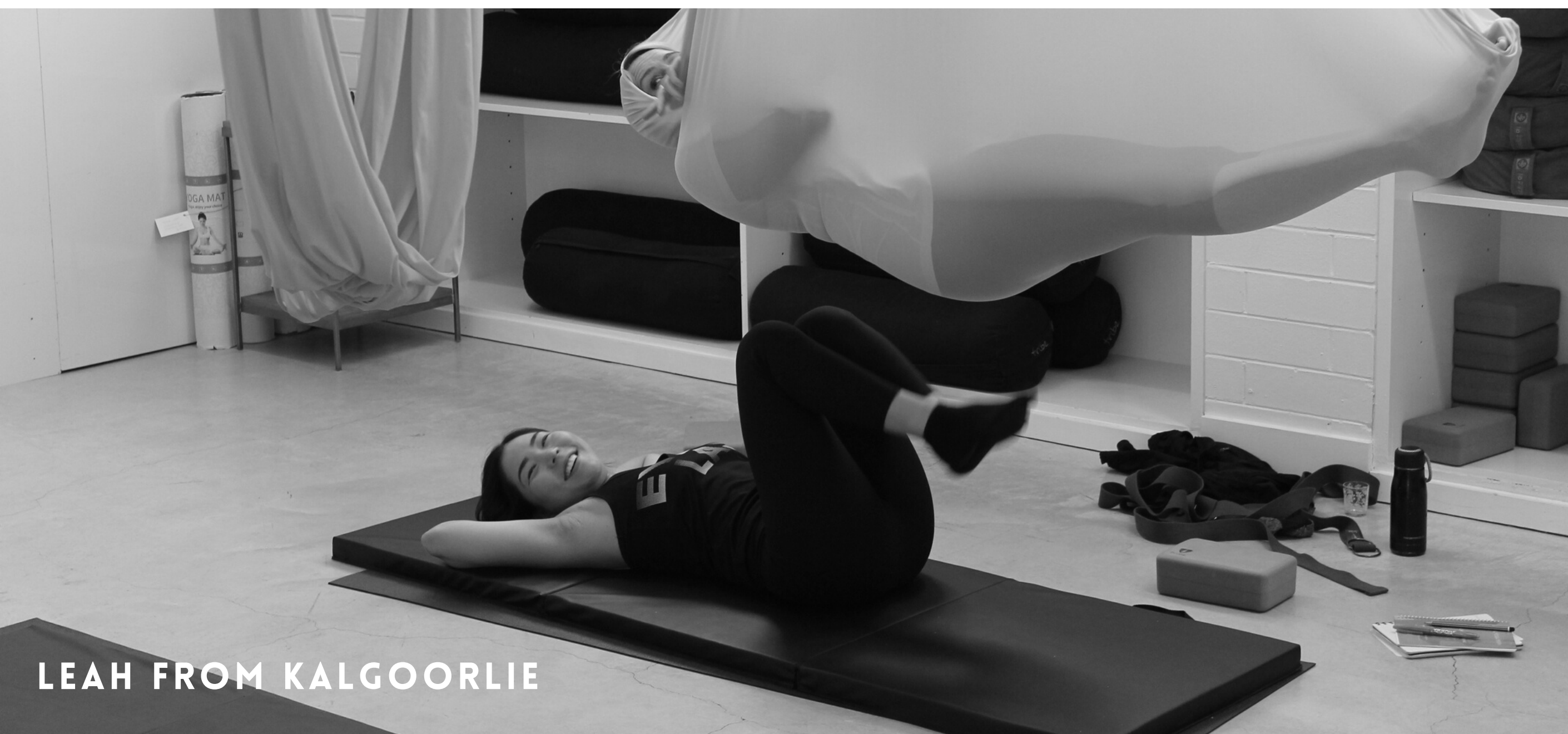
Through this course, you become a Member of World Yoga Alliance. Our curriculum is innovative & designed to support the needs of students who live remotely, have difficulties taking time off work, or have other commitments that still want high-quality training and ongoing mentoring. Our course encourages a transformational journey providing a strong foundation for personal and spiritual development and an understanding of how to share the joy of Aerial yoga. Commence the journey today and set your own pace with our flexible learning platform. Apply online: <https://aerialyogaperth.com.au/aerial-yoga-teacher-training/> or email your application to sharon@aerialyogaperth.com.au



WHY CHOOSE AERIAL YOGA PERTH?

WE ARE THE ONLY SCHOOL THAT OFFERS FLEXIBLE AERIAL ONLINE AND ONSITE TRAINING IN WA

- When our trainees graduate they are confident and inspired teachers.
- Our course is registered with Worl Yoga Alliance at the 250-hour level so upon graduation, you can apply and immediately become a member!
- The course has an innovative delivery and curriculum designed to help you work at your own pace and flourish as a teacher.
- We have a dedicated training mentor to help guide you through the course and organize the practicalities.
- You will get real-life teaching experience so that you have potential job opportunities when you graduate
- Family and work needs are recognized through our flexible delivery.
- You only need to take 2 days off work to complete the Intensive training!



LEAH FROM KALGOORLIE

COURSE INFORMATION

PRE-REQUISITES

- A minimum of 1-year yoga practice
- A sincere dedication to the path of yoga and aerial yoga
- Any level of other formal education is fine, as long as there is an open attitude to learning

REQUIREMENTS

- An ongoing devotion and love of aerial yoga
- 100% attendance
- Completion of teaching practicum
- Completion of assignments
- Completion of a First Aid certificate
- Participation in mentoring sessions
- Keeping a practice diary (log-boock)



WORKSHOP TOPICS

36 POSES

The in-studio workshop has the aim to get a practical teaching knowledge of our fundamental poses.

- Each day will start with a class by the master trainer.
- 2-3 immersions in the aerial asanas.
- Discussion.
- aerial yoga massage & meditation.



ONLINE CURRICULUM

BY AERIAL YOGA ACCADEMY

- Responsibilities of a yoga teacher
- Health check
- How to gain confidence as a teacher
- Cueing
- Sequencing
- Spotting
- Benefits of aerial yoga
- Chakras
- Yoga sutras
- Anatomy
- Breathwork
- Hammock rigging
- Business
- Inversion Poses
- Standing Poses
- Seated Poses
- Core Poses
- Meditation
- Massage

COURSE DELIVERY AND MENTORING

BY AERIAL YOGA PERTH

Our course is delivered through a 2 day
INTENSIVE + MENTORING.

Enrolment:

Enroll anytime 3 months before the intensive workshop dates, spaces permitting. Students will begin the at-home content as soon as they enroll. Please find enrolment information & pricing at the end of this prospectus. We have 11 places for each workshop.

Mentoring:

Our Mentoring Program is carefully coordinated to help support you in your teaching and practice of yoga.

Mentoring involves phone class / Skype with your mentor, online and in-person discussion (via private Facebook group), assessed assignments, class plans & feedback on plans, guidance from your mentor on establishing and maintaining a nourishing daily home practice.

THE STUDIO

AERIAL YOGA PERTH

Our studio is based in coastal Fremantle.

147 South Terrace, 6160

Western Australia

A peaceful and beautiful space, perfect for Aerial Yoga.

The studio is Certified by a structural engineer and follows strict safety procedures.



TEACHING FACULTY



SHARON KRISANOVSKI - LEAD TRAINER

RYT500, Senior Aerial Yoga Teacher. Sharon is a Wellness Coach, and experienced Aerial Yoga, and a Functional Yoga Teacher, Sharon has over 10 years of experience in natural health. She has been practicing Aerial Yoga and Aerial Acrobatics for the past 8 years, After studying wellness coaching, she discovered yoga and Aerial Acrobatics in London after taking a break from design and architecture, and soon after that, she started practicing Aerial Yoga regularly in Melbourne at Body Flow Yoga & Little Mandarin. Sharon fell in love with the practice that helped heal her spinal injury, and soon realized she wanted to share the practice with the world and become a teacher.

She graduated as an Aerial Yoga Instructor from The Aerial Yoga Academy and furthered her qualification with The Empowered Center and Currently completing her training with Spanda Yoga School for Functional Yoga. Her method focuses on a functional approach for life balance and happiness, and her healing personal journey has always driven her to help and guide people to achieve their health and wellness goals.

TEACHING FACULTY



MONIQUE GHARIOS - MENTOR

WYA1000, Master Yoga & Aerial Yoga Teacher.

A holistic specialist who is not only certified in Australia but also internationally. Her extensive qualifications include; Meditation facilitator, Hatha yoga, Antigravity yoga, Vinyasa yoga, Restorative yoga, Antenatal yoga, and Yin yoga, Massage. Reiki, Metaphysical holistic healing, Aurabalancing/clearing, and Ayurvedic medicine.



SUSANA HERNANDEZ - MENTOR

WYA250, Aerial Yoga Teacher.

Susana is a Life Coach, spiritual guide, and Aerial Yoga Teacher with a background in mental health and aerial acrobatics, Susana originally from Spain graduated from our Teacher Training program, and currently teaching the Beginners course, flexibility, and Aerial Flow at the Studio.

COURSE COSTS

ONLINE + IN STUDIO

We endeavor to make the course as affordable as possible. Please see the payment options below. All payments need to be paid in full upon signing up for the program.

1. Online Course Only \$800
2. Online Course + In-Studio workshop \$1900
3. Online + In-Studio Workshop + Hammock Kit \$2150

PAYMENT PLANS

Please contact us for individual payment plans.

REFUNDS AND TRANSFERS

Course fees are non-refundable but transferable to future courses, space permitting on compassionate grounds.

Please contact us to discuss.

APPLICATION FORM

AERIAL YOGA PERTH + AERIAL YOGA ACCADEMY 250AYTT
Or apply online [here](#)

Applications are only considered with your Course Deposit (\$800).

Name

Address

Email

Phone

_Emergency Contact

Education

Year Attained & Qualification (High school/ Certificate/
Diploma/ Degree/ Post
Graduate)_____

Institution

Please attach responses to these 6 questions

1. What year did you take your first yoga class or Aerial yoga class?
2. Please outline your practice history. Including the style of yoga practiced and were and name of the teacher. Please be as detailed as possible.

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Or apply online [here](#)

3. Do you have any medical conditions we need to know about? (Provide details)
4. What other commitments will you have in the duration of your course? (Eg; family, children, study, work, etc).
5. Why do you practice Aerial yoga and what is the role of yoga in your life?
6. Why do you want to enroll in this course?

Payment and Application Processing information once we receive your application we will notify you within 2 weeks of your acceptance into the course. If an application is not accepted the \$800 Course Deposit will be refunded. There are no refunds of training and application fees for change of mind, Applications are processed and accepted in the order they are received.

Direct Deposit can be made to:• ANZ Bank Account: BSB: 016080*, Account no.: 453858878• Please include your name and "teacher training" in the message field.

