Aerial Yoga Teacher Training with AeroZen

Are you ready to elevate your yoga teaching technique? Or are you looking to deepen your experience of Aerial Yoga? Now's your chance -- register for the Aerial Yoga Teacher Training intensive.

This Aerial Yoga Training is intended for Certified Yoga Instructors. However, Pilates Instructors, Aerial Dance Instructors and other movement professionals are invited to apply.

Date: August 17th - August 20th

Place: Air Born Aerial Fitness
4910 Yadkin Rd., Fayetteville, NC 28303

Time: Friday 11:30a - 5:30p; Saturday 11:30a - 7:30p; Sunday 9a-7p; Monday 11:30a-5:30p

Investment: $975 ($875 paid in full before Jul 1, 2018)

Apply: Complete and email application to airbornaerials@yahoo.com

In Aerial Yoga, traditional yoga postures are reimagined with the enhanced support of an aerial hammock, providing increased stretching and strengthening opportunities, and alignment encouragement. This specialized certification by AeroZen offers training in over 100 aerial poses and how to teach them to beginners and mixed level classes; therapeutic and restorative applications; as well as a modern look at the ancient philosophy applied to Aerial Yoga. Yoga Alliance members receive 30 Contact Continuing Education (CE) hours.

Intensive Schedule / 30 Hours (schedule and topics are subject to change)

Friday: 11:30a - 5:30p	*Basics & Teaching Beginners*
Saturday: 11:30a - 7:30p	*Intermediate poses, Sequencing, & Assists*
Sunday: 9a - 7p	*Text Book/Seminar, Sequencing & Practice Teaching*
Monday: 11:30a - 5:30p	*Practice Teaching, Text Book/Seminar, Practical & Written Exams*

Absence and Make Up Policy

Students must make arrangements to make up any hours he or she is unable to attend for any reason to receive certification of completion.

Prerequisites

There are no prerequisites; however, space is limited and preference will be given to Certified Yoga Instructors. Those with a background in yoga, aerial arts, dance or movement are also encouraged to apply.

Admission Requirements

Candidates must be at least 18 years of age prior to the first day of AeroZen Aerial Yoga Teacher Training and must have a High School Diploma or GED.

Tuition

The $975 fee includes 30 contact hours of instruction, instructional manual, online access to sample sequences, exams, plus mentoring and guidance as you complete the 20 hours of additional studies required to obtain your certificate of completion.
Travel and lodging fees are not included.

A $100 deposit is required to hold your spot.

Certification

To receive a certificate of completion and be considered a Certified AeroZen Aerial Yoga Instructor, one must complete 30 contact hours, including courses as described in the School Catalog, and 20 hours of guided self-study. No credit will be given for previous training or work in any field. All 30 contact hours must be completed through Zen Body Yoga + Wellness and are eligible for Yoga Alliance Continuing Education Credit.

Final written and practical exams will be given and graded pass/fail. Upon successful completion of each course, passing grades on the exams and fulfillment of the 20 hour self-study requirements, students are considered Certified AeroZen Instructors from the date of approval.