Aerial Yoga Teacher Training Modules

Led & Created by Jodi Kobrin, Co led by Jana VK

**HISTORY & PHILOSOPHY**

Fly deep into the history, foundation & philosophy of aerial, yoga, yoga sutras, yamas & niyamas for the modern fly yogi.

**ALIGNED FLY METHOD**

Asana study & the functional teachings of the Fly & Release Method help you deepen your connection to your practice.

**ART OF TEACHING**

Unlock your potential with Fly + Release cues, knowledge, tools & hands-on practical work to build your voice as a teacher. Our format allows you to shine.

**PRANAYAMA & MEDITATION**

Learn basic pranayama and meditation techniques to enhance your practice and teachings.

**ALIGNMENT**

Learn the foundation and principles of the placement of the body within the posture and how that translates to your own body.

**SEQUENCING**

Learn the art of intelligent & mindful sequencing and how to make your classes unique and inspiring.

**ANATOMY FOR AERIAL & YOGA**

Hands-on practical approach to the study of anatomy for yoga to give you a solid understanding for your practice and teaching.

**SUB-STYLES OF YOGA**

Get an intro to sub-styles of yoga that complement the FLy + Release Method (yin, restorative, etc)

**MAGIC CARPET**

Off-site excursions to experience, explore & play balanced with the art & act of giving back to local foundations that support the community.

**MARKETING & YOGA BUSINESS**

Learn how to take what you’ve learned and share it with the world in a way that’s authentic, mindful and sustainAble.

**JOIN THE #FLYSQUAD TRIBE**

Emerge with the knowledge that you will always have a home, build lifelong bonds & graduate in the company of other inspiring flyers..

