Advanced AYTT Syllabus

Creating an advanced aerial yoga teacher training syllabus should encompass more in-depth knowledge and skills. Here’s a general outline:

Module 1: Advanced Aerial Yoga Techniques

1.1 Complex aerial poses and transitions

1.2 Inversions and advanced flips

1.3 Advanced hanging and swinging movements

1.4 Advanced rigging and equipment handling

1.5 Deepening flexibility and strength

Module 2: Anatomy and Physiology

2.1 Advanced understanding of the body in aerial yoga

2.2 Injury prevention and rehabilitation

2.3 Muscle engagement and alignment

2.4 Breathing techniques for advanced poses

2.5 Physiology of stress and relaxation

Module 3: Sequencing and Class Design

3.1 Creating advanced and themed sequences

3.2 Incorporating props and partner work

3.3 Adjusting classes to mixed-level groups

3.4 Specialized workshops and classes

3.5 Flow and creative expression

Module 4: Philosophy and Mindfulness

4.1 Yoga philosophy in advanced aerial practice

4.2 Meditation and mindfulness in the air

4.3 Teaching the holistic benefits of advanced practice

4.4 The history and evolution of aerial yoga

Module 5: Teaching Mastery

5.1 Advanced teaching techniques and communication

5.2 Assisting students with advanced poses

5.3 Adjusting for individual student needs

5.4 Incorporating music and art in classes

5.5 Advanced class management

Module 6: Safety and Injury Management

6.1 Advanced safety guidelines and precautions

6.2 Recognizing and addressing injuries

6.3 Emergency procedures in advanced settings

6.4 Risk management for advanced aerial yoga

Module 7: Business and Continuing Education

7.1 Advanced marketing and branding strategies

7.2 Expanding your audience and offerings

7.3 Legal and ethical considerations for advanced practice

Module 8: Practical Training

8.1 Teaching advanced classes and workshops

8.2 Supervised teaching and feedback

8.3 Observing and mentoring advanced students

8.4 Developing personal teaching style

Module 9: Final Assessment

9.1 Written exam on advanced aerial yoga knowledge

9.2 Teaching demonstration with advanced sequences

9.3 Case studies and problem-solving scenarios

Module 10: Graduation and Certification