

TEACHER TRAINING ON AERIAL YOGA

13-14 MAR 2020



About This Workshop

This is a YACEP course designed to specifically teach Yoga Teachers how to run 5 classes to cover the basics of Aerial Yoga. Each class carries a different theme focusing on different concepts. We will also explore Aerial setup, contradictions and modifications.

Friday:

10-11am Teaching skills: general rules, swing setup, cues, modifications
11:12:30pm Class one: The Breath
2-:3:30pm Class two: Backward Bending
3:30pm-4:30pm Explanation of the Sequences

Saturday

10am-11:30am Class three: Hamstrings
12pm-1:30pm Class four: Shoulders and core
3pm-4:30pm Class five: Hips
4:30pm-5:30pm Explanation of the Sequences

Teacher Weam Zabar

Price: BD108

To book: Call 17591565

