



Ashgrove Yoga,
Kilscanlon,
Foulksmills, Wexford,
Y35 C596
www.ashgroveyoga.ie

Aerial Yoga Swing Foundation Course Syllabus

This course is intended to give the participants the knowledge, skills and confidence to teach Aerial Yoga Swing Classes & Workshops. Participants will be required to have at least 2 years of regular Yoga practice as experience or already have a 200hr certified Yoga Teacher or a personal trainer qualification.

Total Hours	In-Person Hours	Live Streaming Hours	Hours Taught By SYT	Non-Contact Hours
50	42.5		42.5	7.5

Content	Description
Physical Taught Practice	Approx 21% of the course will consist of a physical practice taught by an SYT in order for the trainees to observe, feel and understand how each asana is taught and how classes can be sequenced to benefit different areas of the body.
Theory, Anatomy, Asana Workshops, Teaching Practice, Methods & Sequencing	Approx 57% of this course will consist of workshopping asana, teaching methods & sequencing. You will have the opportunity to practice teaching peers in break-out groups. We'll discuss teaching cues and ways to assist your students.
Revision, Study & Assignments	The remaining 22% will consist of revision, study & assignments. You will be required to write, practice & teach your own short 30-minute sample classes.
Course Focus	Graduates will learn the benefits, contraindications & techniques to incorporate the Aerial Yoga Swing into their own practice and into their teachings.
Overall Aim	On completion of the course successful graduates will be able to practice, create sequences & if required teach their own Aerial Yoga Swing Classes & Workshops. Graduates will leave with the knowledge of how to build and adapt sequences for their own students.
On Completion Graduates will be able to	Graduates will have a clear understanding of the benefits & contraindications. They will have the knowledge to teach, sequence & assist their own clients in this practice.
How will the Course Be Assessed	The graduates will be continually assessed during the course. Any attendees that do not meet the course requirements will be given the opportunity to improve any areas of weakness and will be encouraged to pass at a later date.

Course Breakdown

Module	SYT Contact Hours	Non SYT Contact Hours	Non-Contact Hours	Total Hours
Module 1 • Introduction, Expectations, Code of Conduct, Terms & Conditions • The History of the Aerial Yoga Swing • The Benefits of Aerial Yoga • Physical Practice for Spinal Health & Core Stability • Workshopping & Teaching Practice	7		1.5	8.5
Module 2 • The Contraindications of Aerial Yoga • Physical Practice for Legs & Glutes • Options for Rigging & Safety Guidelines • Sequencing Classes • Workshopping & Teaching Practice	7		1.5	8.5
Module 3 • Anatomy of the Spine • Physical Practice for the Hips • Common Spinal Conditions • Assessing Clients • Workshopping & Teaching Practice	7		1.5	8.5
Module 4 • The Importance of Grip Strength & Brachiation • Guided Class – Hip Opening Practice • Discussion on Preparing for your practical exam • Tips on advertising & marketing your classes & workshops • Workshopping & Teaching Practice	7		1.5	8.5
Module 5 • Discussion on how to build on your skills & confidence as an Aerial Yoga Teacher	7		1.5	8.5

• Guided Class – Upper Body Strength • Anatomy of the Hips & Pelvis • Anatomy of the Shoulder • Workshopping & Teaching Practice				
Module 5 • Student Exams – Students will teach each other a sequence of their choosing & help each other with discussions & suggestions	7.5			7.5
				50