

aerial yoga teacher training online

Aerial Yoga Teacher Training Online: Soaring to New Heights in Your Career

Author: Sarah Chen, E-RYT 500, YACEP, Certified Aerial Yoga Instructor with 10 years experience teaching yoga and 5 years specializing in aerial yoga. Sarah is also a certified anatomy and physiology instructor and holds a degree in Kinesiology.

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Introduction: Taking Flight with Aerial Yoga Teacher Training Online

The world of yoga is constantly evolving, and one of the most exciting recent additions is aerial yoga. This dynamic practice combines traditional yoga postures with the use of a hammock or silk, creating a unique and exhilarating experience for practitioners. The growing popularity of aerial yoga has created a significant demand for qualified instructors, leading to a surge in the availability of aerial yoga teacher training online. This comprehensive guide explores the significance and benefits of undertaking aerial yoga teacher training online, detailing the curriculum, benefits, and considerations for aspiring instructors.

Why Choose Aerial Yoga Teacher Training Online?

The accessibility and flexibility offered by aerial yoga teacher training online are unparalleled. Unlike traditional in-person training, online programs offer:

Flexibility and Convenience: Learn at your own pace, fitting your studies around your existing commitments. This is especially beneficial for those with busy schedules, geographic limitations, or childcare responsibilities.

Affordability: Online programs often come at a lower cost than in-person trainings, saving on travel, accommodation, and other expenses.

Accessibility: Online training removes geographical barriers, allowing individuals from around the globe to participate.

Repetitive Learning: The ability to revisit modules and practice sequences allows for a deeper

understanding and retention of the material.

Diverse Learning Styles: Online courses frequently incorporate various learning methods – videos, written materials, quizzes – catering to different learning styles.

The Curriculum: What to Expect in an Aerial Yoga Teacher Training Online Program

A comprehensive aerial yoga teacher training online program should cover several key areas:

Aerial Yoga Asanas: Thorough instruction on a wide range of aerial yoga postures, emphasizing proper alignment, modifications, and progressions.

Safety and Injury Prevention: Detailed instruction on safety protocols, spotting techniques, and risk management to minimize the possibility of injuries for both instructors and students.

Anatomy and Physiology: A foundational understanding of the human body, including muscle groups, joints, and the musculoskeletal system, is crucial for safe and effective instruction.

Sequencing and Class Planning: Learning to create dynamic and safe aerial yoga sequences that cater to various skill levels and fitness goals.

Teaching Methodology: Developing effective teaching skills, including communication, cueing, and classroom management techniques specifically tailored for the aerial yoga environment.

Business and Marketing: Guidance on setting up a yoga business, including legal considerations, insurance, marketing strategies, and client management.

Ethics and Professionalism: Understanding the ethical responsibilities of a yoga instructor, including maintaining confidentiality, boundaries, and professional conduct.

Benefits of Becoming a Certified Aerial Yoga Instructor

Becoming a certified aerial yoga instructor through aerial yoga teacher training online offers numerous benefits:

Career Advancement: Opens up new career opportunities in the fitness and wellness industry.

Personal Growth: Deepens your yoga practice and enhances your understanding of the body and movement.

Financial Independence: The potential to earn a good income by teaching aerial yoga classes.

Community Building: Connecting with like-minded individuals and building a supportive professional network.

Creative Expression: The opportunity to design and deliver unique and creative aerial yoga sequences.

Choosing the Right Aerial Yoga Teacher Training Online Program

Selecting the appropriate aerial yoga teacher training online program requires careful consideration. Look for programs that:

Are accredited by a reputable yoga alliance: This ensures the quality and standards of the training.

Offer a comprehensive curriculum: Ensure the program covers all the essential aspects of aerial yoga instruction.

Have experienced and qualified instructors: Choose programs taught by experienced aerial yoga instructors with a proven track record.

Provide ample support and feedback: A good program will offer ongoing support and feedback throughout the training.

Offer a clear certification process: Understand the requirements for certification and the value of the certification within the industry.

The Future of Aerial Yoga and Online Training

The popularity of aerial yoga continues to grow, and with it, the demand for qualified instructors. Aerial Yoga Teacher Training Online is poised to play a significant role in meeting this demand, making this specialized training accessible to a wider audience and fostering the growth and development of the aerial yoga community globally. The flexibility and convenience offered by online training will continue to be a driving force in the expansion of the aerial yoga industry.

Conclusion

Undertaking aerial yoga teacher training online presents a fantastic opportunity for individuals passionate about yoga and fitness to launch a rewarding career. By selecting a reputable program with a comprehensive curriculum and experienced instructors, aspiring teachers can gain the necessary knowledge and skills to become confident and capable aerial yoga instructors. The convenience and accessibility of online training remove many barriers to entry, empowering individuals to pursue their dreams and contribute to the thriving aerial yoga community.

FAQs

1. What are the prerequisites for enrolling in an aerial yoga teacher training online program? Most programs require a basic level of yoga experience and physical fitness, though specific requirements vary.
1. How long does an online aerial yoga teacher training program typically last? The duration varies, ranging from a few weeks to several months, depending on the intensity and depth of the program.
1. What type of equipment is needed for an online aerial yoga teacher training program? Students typically need access to an aerial yoga hammock and sufficient space for practice.
1. Is there any in-person component to online aerial yoga teacher training? Some programs offer optional in-person workshops or intensives for hands-on training, but this isn't always

mandatory.

1. What kind of certification is received after completing an aerial yoga teacher training online program? Certification varies depending on the program, but many programs offer certifications recognized by yoga alliances.
1. How much does an online aerial yoga teacher training program cost? Prices vary widely based on the program's length, reputation, and curriculum.
1. Can I teach aerial yoga after completing an online program? Yes, but it's crucial to ensure the program is reputable and provides adequate training in safety and teaching methodology.
1. What is the job outlook for aerial yoga instructors? The demand for aerial yoga instructors is growing, offering good career prospects, particularly in fitness studios and wellness centers.
1. How do I market my aerial yoga classes after completing my training? Marketing strategies include building a website, utilizing social media, and collaborating with local studios and businesses.

Related Articles:

1. "Building a Successful Aerial Yoga Business Online": This article focuses on strategies for establishing and promoting an online aerial yoga business, including marketing and client acquisition.
1. "Mastering Aerial Yoga Sequencing for All Levels": This article explores the art of creating safe and effective aerial yoga sequences catering to different skill levels and fitness goals.
1. "The Anatomy of Aerial Yoga: Key Muscle Groups and Movements": This article dives deep into

the anatomical aspects of aerial yoga, explaining the muscle groups involved and their function in various poses.

1. "Safety First: Risk Management and Injury Prevention in Aerial Yoga": This article offers a comprehensive guide to risk mitigation and injury prevention techniques in aerial yoga instruction.
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1. "The Benefits of Aerial Yoga for Physical and Mental Wellness": An exploration of the holistic benefits of aerial yoga for both physical and mental wellbeing.

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new light. With Yoga Anatomy, Second Edition, authors Leslie Kaminoff and Amy Matthews, both internationally recognized experts and teachers in anatomy, breathing, and bodywork, have created the ultimate reference for yoga practitioners, instructors, and enthusiasts alike.

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aerial yoga teacher training online: Yoga Adjustments Mark Stephens, 2014-06-03 The quintessential guide to yoga assisting and hands-on teaching, Yoga Adjustments introduces the art and practice of providing yoga assists to yoga students. Addressing one of the most important topics in the yoga field, expert yoga instructor and best-selling author Mark Stephens covers the philosophy of yoga practice, the sensibilities of touch in teaching yoga and improving alignment, the seven principles of hands-on yoga teaching, and the twenty-five most effective methods of tactile cueing. An invaluable resource for all yoga teachers, teacher trainers, and serious yoga students, this book includes a foreword by yoga star Shiva Rea as well as over 850 unique instructional photos and explanatory captions demonstrating precise ways of guiding a variety of flowing sequences. Opening with an in-depth discussion of the philosophy of yoga assisting, Part I--Foundations describes the methods and techniques of giving yoga assistance, with detailed discussions of all of the elements of yoga assisting including communicating with students, qualities of touch, the five basic steps of providing hands-on cues, hands-on positioning and stance. Part II--Applications demonstrates how to assist students in each of over 100 postures in the seven families of asanas (poses). Each chapter begins with background on an asana family and close consideration of its foundation asana. Each asana is presented in a two-page spread with photos that show how to give students effective guidance and support. Part III--Evolution offers thoughts on the further development of yoga in the twenty-first century.

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Profiles of the 11 styles of contemporary yoga, including their history and distinguishing elements • Support and tools for teaching 108 yoga poses, breathing techniques, and meditations • Practical advice for classroom setup, and planning and sequencing yoga classes • Guidance through the process of starting and sustaining a career as a yoga teacher • Over 200 bibliographic sources and a comprehensive index • A useful appendix listing associations, institutes, organizations, and professional resources Addressing 100% of the teacher training curriculum standards set by Yoga Alliance—the world’s leading registry and accreditation source for yoga teachers and schools—Teaching Yoga is the perfect resource for experienced yoga teachers, teachers in training, and anyone interested in deepening their understanding of their yoga practice.

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transformational practice of yoga as a way to become an agent of social change and work toward a just world. Through yoga practices and philosophy, this book explores liberation for ourselves and others, while asking us to engage in our own agency—whether that manifests as activism, volunteer work, or changing our relationships with others and ourselves. To provide a strong foundation to begin this work, Michelle Cassandra Johnson clearly defines power and privilege, oppression, liberation, and suffering, and invites you to make changes in your life that promote equality and freedom for all. This revised and expanded edition offers journaling practices and prompts in each chapter; includes more material on how power and privilege inform the yoga industry; explains how to integrate justice into teaching the eight limbs of yoga; and offers ways to support people as they move through their resistance and discomfort in the face of injustice. This edition also offers a fuller look at how the yamas and niyamas—the ethical precepts of yoga—can be studied in order to create a more just world, and it offers more support for yoga teachers seeking to radicalize their yoga.

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spiritual experience, irrespective of a person's faith. Our modern, fast-paced world can be an overwhelming place. Every day, we're bombarded with messages telling us that in order to be happy, fulfilled, and worthy, we must be better, do more, and accumulate as much material wealth as possible. Most of us move through our busy lives with our minds full of these ideas, multitasking as we strive to navigate the responsibilities and expectations we must meet just to make it through the day. But what if there is another way? What if, rather than letting the busyness of life overtake our minds, we learn to be heartfelt instead? Based on Daaji's own combination of approaches and practices for the modern seeker—which draws from the teachings of Sahaj Marg, meaning "Natural Path"—Heartfulness is a contemporized version of the ancient Indian practice of Raja Yoga, a tradition that enables the practitioner to realize the higher Self within. While many books describe refined states of being, The Heartfulness Way goes further, providing a pragmatic course to experience those states for oneself, which, per the book's guiding principle, is "greater than knowledge." Heartfulness meditation consists of four elements—relaxation, meditation, cleaning, and prayer—and illuminates the ancient, defining feature of yogic transmission (or pranahuti), the utilization of divine energy for spiritual growth and transformation. Using the method, detailed practices, tips, and practical philosophy offered in this book, you'll reach new levels of attainment and learn to live a life more deeply connected to the values of the Heartfulness way—with acceptance, humility, compassion, empathy, and love.

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book, he shares his knowledge by breaking down complex yoga poses, breathing practices, meditation techniques, and yoga teachings into clearly understandable and practical tools we can use every day, regardless of our limitations or challenges.

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science of yoga. “A loving invitation to live our best lives and a profound reassurance of why and how we can.”—Sir Ken Robinson, author of *The Element*, *Finding Your Element*, and *Out of Our Minds: Learning to Be Creative* NAMED ONE OF THE TEN BEST BOOKS OF THE YEAR BY SPIRITUALITY & HEALTH The practice of hatha yoga, as we commonly know it, is but one of eight branches of the body of knowledge that is yoga. In fact, yoga is a sophisticated system of self-empowerment that is capable of harnessing and activating inner energies in such a way that your body and mind function at their optimal capacity. It is a means to create inner situations exactly the way you want them, turning you into the architect of your own joy. A yogi lives life in this expansive state, and in this transformative book Sadhguru tells the story of his own awakening, from a boy with an unusual affinity for the natural world to a young daredevil who crossed the Indian continent on his motorcycle. He relates the moment of his enlightenment on a mountaintop in southern India, where time stood still and he emerged radically changed. Today, as the founder of Isha, an organization devoted to humanitarian causes, he lights the path for millions. The term guru, he notes, means “dispeller of darkness, someone who opens the door for you. . . . As a guru, I have no doctrine to teach, no philosophy to impart, no belief to propagate. And that is because the only solution for all the ills that plague humanity is self-transformation. Self-transformation means that nothing of the old remains. It is a dimensional shift in the way you perceive and experience life.” The wisdom distilled in this accessible, profound, and engaging book offers readers time-tested tools that are fresh, alive, and radiantly new. Inner Engineering presents a revolutionary way of thinking about our agency and our humanity and the opportunity to achieve nothing less than a life of joy.

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aerial yoga teacher training online: Vishoka Meditation Rajmani Tigunait, 2020-07-07 Imagine a life free from pain, sorrow, and negativity and infused with joy and tranquility. The ancient yogis called this state vishoka and insisted that we all can achieve it. The key is a precise set of meditative techniques designed to unite mind and breath and turn them inward, allowing us to heal and rejuvenate ourselves on every level of our being. In *Vishoka Meditation: The Yoga of Inner Radiance*, Pandit Tigunait makes meditation as practiced by the ancient yoga masters accessible to a modern audience, offering step-by-step instructions to guide us to this illumined state of consciousness. Grounded in the authentic wisdom of a living tradition, the simple--yet profound--practice of Vishoka Meditation is the perfect complement to your existing yoga practice, as well as a

powerful stand-alone meditation practice.

aerial yoga teacher training online: The Classic Yoga Bible Christina Brown, 2017-05-25 Yoga brings not only a suppleness to the body but also a sense of spiritual and physical well-being to those who practice it. Featuring over 170 postures from the main schools of yoga, The Yoga Bible is the ultimate, comprehensive guide to practicing yoga and finding a mental and physical balance in life. The book encourages yoga beginners and experts alike to find a yoga sequence that suits their personal needs and abilities.

aerial yoga teacher training online: Asanas for Autism and Special Needs Shawnee Thornton Hardy, 2014-12-21 Teaching yoga to children with Autism Spectrum Disorder and other special needs is easy using this visual how-to handbook. Breaking down yoga instruction pose by pose, body part by body part, breath by breath, this book uses easy-to-understand language and clear photographs to show parents, teachers, yoga instructors, and other professionals how to introduce the life-long benefits of yoga to a child with special needs. These benefits include gaining greater awareness and understanding of the body, learning to self-regulate the nervous system, and developing coping skills to work through difficult emotions such as anger and anxiety. Creative yoga games, activities, relaxation exercises, and chair yoga poses are included to make learning yoga a fun, interactive, and calming experience for children with a wide range of abilities.

aerial yoga teacher training online: Dancing Mindfulness Jamie Marich, PhD, LPCC-S, 2015-10-28 This lively, passionate approach to moving meditation offers a fresh way to embrace mindfulness. It weaves together personal stories, therapeutic insights, practical skills and opportunities for reflection and practice to provide a gateway to spiritual growth, a path to more balanced living, a healing experience and ignition for your creativity.

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aerial yoga teacher training online: Between Two Kingdoms Suleika Jaouad, 2021-02-09 NEW YORK TIMES BESTSELLER • A searing, deeply moving memoir of illness and recovery that traces one young woman's journey from diagnosis to remission to re-entry into "normal" life—from the author of the Life, Interrupted column in The New York Times ONE OF THE BEST BOOKS OF THE YEAR: The New York Times Book Review, The Washington Post, Bloomberg, The Rumpus, She Reads, Library Journal, Booklist • "I was immersed for the whole ride and would follow Jaouad anywhere. . . . Her writing restores the moon, lights the way as we learn to endure the unknown."—Chanel Miller, The New York Times Book Review "Beautifully crafted . . . affecting . . . a transformative read . . . Jaouad's insights about the self, connectedness, uncertainty and time speak to all of us."—The Washington Post In the summer after graduating from college, Suleika Jaouad was preparing, as they say in commencement speeches, to enter "the real world." She had fallen in love and moved to Paris to pursue her dream of becoming a war correspondent. The real world she found, however, would take her into a very different kind of conflict zone. It started with an itch—first on her feet, then up her legs, like a thousand invisible mosquito bites. Next came the exhaustion, and the six-hour naps that only deepened her fatigue. Then a trip to the doctor and, a few weeks shy of her twenty-third birthday, a diagnosis: leukemia, with a 35 percent chance of survival. Just like that, the life she had imagined for herself had gone up in flames. By the time Jaouad flew home to New York, she had lost her job, her apartment, and her independence. She would spend much of the next four years in a hospital bed, fighting for her life and chronicling the saga in a column for The New York Times. When Jaouad finally walked out of the cancer ward—after countless rounds of chemo, a clinical trial, and a bone marrow transplant—she was, according to the doctors, cured. But as she would soon learn, a cure is not where the work of healing ends; it's where it begins. She had spent the past 1,500 days in desperate pursuit of one goal—to survive. And now that she'd done so, she realized that she had no idea how to live. How would she reenter the world and live again? How could she reclaim what had been lost? Jaouad embarked—with her new best friend, Oscar, a scruffy terrier mutt—on a 100-day, 15,000-mile road trip across the country. She set out to meet some of the strangers who had written to her during her years in the hospital: a teenage

girl in Florida also recovering from cancer; a teacher in California grieving the death of her son; a death-row inmate in Texas who'd spent his own years confined to a room. What she learned on this trip is that the divide between sick and well is porous, that the vast majority of us will travel back and forth between these realms throughout our lives. *Between Two Kingdoms* is a profound chronicle of survivorship and a fierce, tender, and inspiring exploration of what it means to begin again.

aerial yoga teacher training online: The Durable Runner Alison Heilig, 2019-11-01 Part sport and part exercise, running boosts health, longevity, and mental well-being. However, running is a demanding activity that can potentially tax the runner's body and mind. Therefore, possessing durability for running--a fusion of toughness and flexibility--is desirable to enhance a runner's physical and mental experience. This book--the first of its kind to combine corrective exercise, self-myofascial release, and yoga--empowers runners with measures to avoid unnecessary pain, injury, and burnout. It is a comprehensive guide to creating a simple and efficient system of personalized supplemental training in which runners learn to identify and address areas of imbalance and overuse. These training methods increase strength, stability, mobility, and resiliency, and require as little as 15 minutes per day to implement. (For each technique, the author has produced a video, and live links are included in the enhanced ebook edition.) Runners can decrease the risk of injury, improve running performance, and maintain joint health. The result: a more durable body and mind that will support your running--and your life--for years to come.

aerial yoga teacher training online: Teaching Yoga Donna Farhi, 2016-08-01 Drawing on decades of experience, Donna Farhi offers the first book to set professional standards for yoga teachers. Considered the "teacher of teachers," Donna Farhi has led international yoga retreats and trained yoga instructors around the world for over thirty years. In *Teaching Yoga*, she shares the knowledge she's gained from her decades of experience, exploring with depth and compassion a variety of practical and philosophical topics such as: • The student-teacher relationship and how to create healthy boundaries • How to create physical and emotional safety for the student • Reasonable class sizes and how much they should cost • How to conduct the business of teaching while upholding the integrity of yoga as a philosophy, a science, and an art. Filled with personal anecdotes and illustrations, *Teaching Yoga* is an essential resource for current or aspiring yoga instructors with questions about creating a safe, empowering space for themselves and their students.

aerial yoga teacher training online: Yoga for Osteoporosis: The Complete Guide Loren Fishman, Ellen Saltonstall, 2010-03-29 A comprehensive, user-friendly medical yoga program designed for the management and prevention of osteoporosis, with more than four hundred illustrations. Osteoporosis leads to painful fractures due to loss of bone mass; yoga strengthens bones without endangering joints: it stands to reason that yoga is the perfect therapy for osteoporosis. Forty-four million Americans suffer from low bone mass, and osteoporosis is responsible for more than 1.5 million fractures annually. Drugs and surgeries can alleviate pain, but study after study has shown that exercise is the best treatment, specifically low-impact, bone-strengthening exercises—hence, yoga. In this comprehensive and thoroughly illustrated guide, Loren Fishman and Ellen Saltonstall, who between them have seven decades of clinical experience, help readers understand osteoporosis and give a spectrum of exercises for beginners and experts. Classical yoga poses, as well as physiologically sound adapted poses, are presented with easy-to-follow instructions and photographs. The authors welcome readers of all ages and levels of experience into the healing and strengthening practice of yoga.

aerial yoga teacher training online: Fat Yoga Sarah Harry, 2017-02 Scrolling through social media, you could be forgiven for thinking that yoga is the purely the domain of teeny-tiny, thin, flexible girls, clad solely in the latest crop tops and shorts, sipping green juices and watching sunsets everyday. But you don't need to fit this mold to embrace and enjoy yoga. The practice of yoga is over 4,000 years old and can (and should) be enjoyed by people of all sizes. *Fat Yoga* embraces the 'yoga for all' ideology. All bodies, all ages, all abilities. This book is a step-by-step 'how

to' guide to yoga, with variations to suit the less mobile or flexible. It's also jam-packed with helpful, practical advice, such as how to keep your boobs out of the way during practice. Covering the history and science behind yoga, postures for every situation and gratitude (including self-compassion, body image, to soothe and calm) as well as restorative yoga and chair yoga practice, Fat Yoga the perfect book for yoga enthusiasts of every level and body type. Connect with your body and explore its physicality in a safe way emotionally, physically and spiritually, in the comfort of your own home.

aerial yoga teacher training online: The Living Gita Swami Satchidananda, 1988 A finalist for the Publishers' Marketing Association Spiritual Book of the Year Award, this modern translation and commentary makes the deep spiritual truths of India's timeless classic available to the Western mind in a way never before thought possible. As it is said, The wisest man makes the difficult seem simple. The book includes every verse of the Bhagavad Gita and can also serve well as a lively, enjoyable textbook.

Additional Resources

Born to Fly™ Aerial Yoga Teacher Training Program Overview

Required Textbooks: Aerial Yoga Manual Volume 1 & The Aerial Teacher's Handbook Course

Description: Participants will explore a variety of postures in the Aerial Yoga Manual Vol. 1 ...

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