

30hr Aerial Yoga and Swing Yin teacher training

Welcome to our 30hr Aerial Yoga and Swing Yin teacher training by Utopia Yoga Academy RYS® Spring 2024, April 12-14!

If you're interested in furthering your yoga knowledge, becoming a teacher, or expanding your teacher education, welcome to Utopia Yoga Academy. Utopia Yoga Academy is a Registered Yoga School (RYS) with Yoga Alliance. Our 30hr Aerial Yoga course will be a 3-day intensive emersion into the world of silks, both physical and restorative.

What is Aerial/Swing Yoga?

Aerial Yoga combines traditional asana and yoga philosophies with the aerial arts using silk fabrics hung high or low to define swing yin or the more physical anti-gravity aerial yoga. In both styles, you are fully supported by the silks. Hanging inverted or suspending individual body parts helps with flexibility, strength and balance in a completely different way than practicing traditionally on the ground.

Aerial/Swing Yoga Teacher Training 30hr who is it for?

In short, everyone! Whether you are a current yoga teacher, or a student who would like a long weekend emersion in the inverted arts, our 30hr TT will provide everyone the tools to be a successful and safe aerial yoga guide for others or simply for themselves.

Utopia Yoga Studios is looking to expand the aerial yoga schedule in 2023 and would love for new teachers to join our team!

Highlights of joining this course*

- Gaining a well-rounded education in four parts of Aerial Arts: flexibility, strength, inversion and yin.
- Introduction to the philosophy and anatomy of aerial and yin yoga.
- Asana exploration in order to sequence endless amounts of aerial and swing yin yoga classes, including complete classes in course book.
- Learning safety and security with inversions, modifications and assisting verbally and physically.
- Teaching methods to coach you on how to be comfortable and informative as a guide.
- A chance to explore different kinds of aerial yoga, with a specific goal to find your own style and passion.
- Yoga school registered with Yoga Alliance at the 200hr level.
- Limited spaces to ensure you are given the proper amount of attention and care.
- Mentoring from Utopia teachers and staff, helping you grow and love what you do

Upcoming training dates: 3 days, 12-14 april + short exam practice class april 21st

Times: 9:00-17:00

Price: 9900kr (1000kr due upon registration, 8900kr due by end of course). Limited to 10 spots.

Location: Utopia Yoga Studios, Sigurdsgatan 6, Västerås.

Teachers: **Maria Murelius** Trapeze Yoga Instructor, 20yrs RYT, **Jerrica Zeron** 500hr E-RYT