

SHANTI MAURICE

RESORT & SPA

Aerial Yoga Teacher Training

Aerial Yoga Teacher Training is a certification program proposed to practitioners who aspire to become the instructors or students who would like to expand their knowledge. Training is designed to give you all the tools (safe techniques, knowledge and practice) to teach Aerial Yoga class with confidence. It contains 20 hours of practical sessions with a Master Instructor and additional hours of individual work (relative to student's needs) supervised by the Master Instructor. Training is personalized and strictly adapted to student's fitness level. You will gain knowledge on anatomy, correct alignment, how to guide your clients in and out of the poses, and provide effortless decompression of the spine. You will be able to design your own structure of the class for clients with different fitness levels, and assist clients of all body types and abilities, including creating the progressions for more challenging poses. You will learn an innovative combination of traditional yoga poses and aerial arts, how to use the hammock to increase muscle tone and flexibility, mobility through suspended asanas, flying vinyasas, and floating meditations.

About Instructor



Agnieszka Koziarska Martinache, Master Instructor and teacher trainer, with 20 years of experience in fitness and wellness. She achieved her knowledge traveling around the world for many years taking multiple certifications and workshops. She maintains 31 different diplomas in well-being field. Founder of yoga and aerial studios in Europe and United States. Creator of MindBodyAgnieszka school for yoga and Pilates instructors and practitioners.
www.mindbodyagnieszka.com