



INTERNATIONAL CERTIFICATION

AirYoga® is part of Latin America's largest network of Yoga instructors and practitioners. Our training is a specialty of the RA Yoga Integral® curriculum and gives access to the 200 or 500 hours of the higher diploma endorsed by Yoga Alliance USA.

Detailed Itinerary- AirYoga® Teacher Training @Galapagos



PACKING LIST

SYMBOLIC OFFERING TO SHARE WITH THE GROUP
 LIGHT CLOTHING FOR HOT WEATHER
 BIODEGRADABLE SUNSCREEN
 NON-TOXIC REPELLENT AND PERSONAL CARE PRODUCTS
 FLASHLIGHT
 TOWEL
 REFILLABLE WATER BOTTLE
 RAIN JACKET
 SWIMWEAR
 HAT & SUNGLASSES
 PROTECTIVE CLOTHING (THE SUN IS VERY STRONG AT THE EQUATOR)
 YOGA MAT (OPTIONAL)
 CAMERA (OPTIONAL)



S I L L A B U S

INTRODUCTION TO AIRYOGA
 COURSE DESCRIPTION
 PHILOSOPHY AND SCIENCE OF YOGA
 YOGA STYLES AND TECHNIQUES
 THERAPEUTIC EFFECTS
 AIRYOGA BENEFITS AND GOALS
 PERMACULTURE & REGENERATIVE CULTURE
 ALIGNMENT PRINCIPLES, STRETCHING,
 BREATHING, FOCUS, SELF-MASSAGE
 ANATOMY I: SKELETON, MUSCLE GROUPS,
 MUSCLE FUNCTIONS, MOST FREQUENT PATHOLOGIES
 ANATOMY II
 INTRO TO METHODOLOGY AND PEDAGOGY
 THE ART OF TEACHING AIRYOGA
 AIRYOGA STUDENT CLASS
 DESCRIPTION OF EXERCISES AND VARIATIONS
 ORGANIC & ENERGETIC MODULES
 EXPERIENTIAL TRAINING



	Itinerary @Galapagos Islands	Daily Workshop
DAY 1		
	Transportation from Baltra Airport to Yoga House	
	Settle in and relax by the waterfront	Introduction to AirYoga
	Welcoming gathering	
	Evening Air Yoga	Course Description
DAY 2		
	Intro to Cleansing Techniques (Shatkarma Yoga)	
	Morning AirYoga	Experiential Training
	Kayak around the bay/beach time	
	Evening Radja Yoga in Las Ninfas Lake	

DAY 3		
	Morning Yoga at "Las Grietas"	Experiential Training
	Speed Boat & Hike to Tortuga Bay Beach	
	Yoga on the Beach	
	Evening Yin Yoga	
DAY 4		
	Morning Vinyasa Yoga	Experiential Training
	Breakfast	
	Visit Uninhabited Island	
	Evening Air Yoga	
DAY 5		
	Morning AirYoga	Philosophy and science of Yoga
	Transportation to and from the highlands	Yoga Styles and Techniques
	Explore a permaculture farm and snack with local organic produce	Permaculture & Regenerative Culture
	Meditation in the Lava Cave	
	Yoga and dinner with giant Galapagos Tortoises	
DAY 6		
	Morning AirYoga	Therapeutic effects
	Visit to Las Garrapatero Beach	AirYoga benefits and goals
	Evening Air Yoga	
DAY 7		
	Morning AirYoga	
	Free Day	Alignment principles, stretching, breathing, focus, self-massage
	Evening Air Yoga	
DAY 8		
	Morning AirYoga	

	Visit at Charles Darwing Station	Anatomy I: Skeleton, muscle groups, muscle functions, most frequent pathologies
	Evening Air Yoga	
DAY 9		
	Morning AirYoga	Intro to Methodology and Pedagogy
	Snorkel at Las Grietas	
	Evening AirYoga	
DAY 10		
	Morning AirYoga	The Art of Teaching AirYoga
	Beach Day	
	Evening AirYoga	
DAY 11		
	Morning AirYoga	Class Observations & Feedback
	Breakfast	
	Evening AirYoga	
DAY 12		
	Morning AirYoga	Description of exercises and variations
	Visit to "La Ratonera"	
	Evening AirYoga	
DAY 13		
	Morning AirYoga	AirYoga Student Class & Feedback
	Beach Day	
	Evening AirYoga	

	Farewell dinner	
DAY 14		
	Early morning transportation to pier at 5 AM	
	Speedboat from Isabela Island to Santa Cruz Island	
	Transportation to Santa Cruz airport	
	Arrival at the airport will be about 10 AM (so make sure you have a later flight booked so you can have the recommended 2-hour before check-in	



AIRYOO