



#### 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.

## International AirYoga® Teacher Training

The AirYoga® Teacher Training is open to everyone who wants to experience the classic yoga movements in the air, obtaining the necessary tools to design and lead a class in a playful, dynamic and safe way.

### Who is it for?

The training is aimed at the general public interested in developing an expert practice and at the students of the various yoga schools.

### How long does it last?

The hourly structure contemplates two modules of 50 hours each, and both will be completed between 13 days at Galapagos Islands (100 hours).

Each module includes workshops that cover topics such as philosophy, anatomy applied to AirYoga®, therapeutic technique, teaching methodology, management of subtle energy, detailed study of postures and series of âsanas: variants, recommendations, mode of execution, precautions, anatomical work, and more.

### Academic structure.

The study plan to complete 200hr AirYoga® training consists of the following:

- Two modules for teacher training of 50 hours each (total 100 hours).
- 100 hours of practical AirYoga® experience. Completed in the modality of:
  1. Workshops.
  2. Regular classes.
  3. Thesis work.
  4. Classes guided by the same student from the beginning of his training.

To complete the curricular plan is required to:

1. Approve a practical exam.
2. Write a small thesis/essay on AirYoga® applied to any case study.
3. Audiovisual documentation of guided classes that integrate the AirYoga® methodology.

### How is each workshop carried out?

Yan Rey and Assistant Instructors direct the AirYoga® Teacher Training.

In the first module, we approach the AirYoga® Instructor Manual (Flight Manual), covering the theory and practice of AirYoga®. The second module focuses on the organic and energetic aspects and is carried out in an experiential meeting format to experience yoga as a comprehensive life experience.

### Certification

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**Participation in the Training includes:**

- Instructor's Manual.
- Audiovisual material.
- Participation certificate.
- Accompaniment throughout the training.
- Inclusion in the Staff of AirYoga® instructors after completion of the Program.

**We offer personalized accompaniment.**

Apply today and start living by doing something you love and believe in!

Best greetings,

Yan Rey

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