



JOY OF YOGA

Aerial Certification Program

INTENSIVES Complete three of the following four options.

For complete course descriptions, refer to the Aerial Certification page - Upcoming Courses.

- Basics and Beyond
 - Modules and Sequencing
 - Low Hammock Aerial
 - Above and Beyond
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MENTORSHIP

- Observe 3 aerial classes at BTY
 - Assist four classes
 - Co-teach a 15 minute session in three classes
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FIRST FRIDAYS

If unable to attend on Friday afternoons, a fourth weekend intensive may be substituted.

- Attend ten Friday sessions.
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PROJECT

First Friday attendance may be used for project development.

- Develop an hour-long sequence to be offered as a workshop at Breathe Together.
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AERIAL CLASSES/PRACTICE

- Attend a minimum of ten aerial classes