

## Aerial Yoga Course (60 Hrs)

*Beginner to Intermediate Level*

**Course Duration:** 1 Month (Monday to Saturday)

**Batch Timing:** 9 AM or 7 PM (Choose one)

**Course Overview:** This Aerial Yoga course offers a perfect blend of traditional yoga practices with the thrilling and effective Aerial Yoga poses. It is designed for both beginners and intermediate practitioners to explore the benefits of working with an aerial hammock. The course includes practical sessions to help you strengthen your body and improve flexibility, along with theoretical lessons focused on pranayama, hatha yoga, and the fundamentals of aerial yoga.

### What Will You Learn?

- **Practical Sessions:**
  - **Asanas:** Master a variety of Aerial Yoga poses.
  - **Core & Flexibility:** Build strength and flexibility with support from the aerial hammock.
  - **Pranayama:** Breathing techniques to enhance your practice.
  - **Hatha Yoga:** Learn the alignment and structure of traditional poses in an aerial format.
- **Theory Sessions:**
  - **History of Aerial Yoga:** Understanding its origins and benefits.
  - **Anatomy of Aerial Yoga:** How aerial yoga helps improve posture, alignment, and flexibility.
  - **Benefits of Pranayama & Hatha Yoga:** Deepen your knowledge of breathing techniques and traditional yoga styles.

### Course Structure:

- **Duration:** 1 Month
- **Classes:** Monday to Saturday

- **Batch Timings:** 9 AM or 7 PM
- **Mode of Learning:** Practical offline sessions and online theory classes.

### **Certification:**

- Upon successful completion of the course, you will receive:
  - **Yoga Fettle Journey Certificate**
  - **ISO Certified Course**

### **Fee:**

- **Price:** ₹ (Add Your Price)
- **Payment Options:** Flexible payment plans available.

### **Why Choose Aerial Yoga?**

- Develop strength, flexibility, and balance.
- Improve mental and physical well-being with a unique and fun practice.
- Learn and practice under the guidance of experienced instructors.
- ISO certification ensures a globally recognized qualification.

**Enroll Today:** Begin your Aerial Yoga journey with us and discover the benefits of this exciting, versatile practice.