



## ACROYOGATHAI TTC

*Acroyoga* teachers training course taught by Maria Escudero and Lucas Nunes. This course follows every requirements established by *Yoga Alliance International* for the 200hrs. RYT (registred *yoga* trainings).

We could say that the student is trained as a *Yoga* teacher in the modality of *Acroyoga*.

Our intention, almost mission, is to bring the *Acroyoga* practice closer to *yoga* tradition and intention, understanding that we make a different *asanas* work, with two or more bodies involved, but all other *yoga* aspects have to be still in our practice so that it is really an *acroyoga* practice and not acrobatics. The alignment and the contribution of massage is essential for the comprehension of the bone structures we seek so that the postures are "steady and comfortable".

We are looking for practitioners that share this understanding of the practice to transmit it with respect, integrity and a lot of love!

What does the **COURSE** consists in?:

We teach a previous 4 days module in which we share the *yoga asanas* we'll work through the training, 4 *acroyoga* sequences and 4 massage sequences, in addition to the basic philosophy of *yoga* that we consider every teacher should know+understand+practice.

This module is also useful for students to know the way we approach both practice and teach/demonstrate.

After that, the student can continue with 16 more training days in which the focus won't be just practicing but how to share or teach the practice.

**\*NOTE:** The first module can be attended independently to full training, which means that you don't need to want to do the full teachers training to pursue such studies.

**Daily Schedule** (both for first module and training in Kerala).

7:00 Meditation and *pranayama* practice

7:30 *Asanas*

9:30 breakfast

10:00 theory class, questions and answers

12:00 AYT practice

13:30 lunch and rest

15:00 theory

16:00 AYT practice

17:30 Massage

These are the **REQUIREMENTS**:

Applicants need basic knowledge on the 3 disciplines and be willing to changes so that they can adapt to the method. If you didn't go deep in the practice of any of them (*yoga*, *acroyoga*, *thai massage*), you should find workshops, trainings or intensive courses to prepare yourself and describe your experience in your application. You should send us the registration form and the requiered videos you will find on the next page.

**PRICE:**

2100€. The certificate, classes and breakfast (+lunch only in India) are included in the price.. The price of just Module 1 is 350€. (Special prices for Indian students).

The students that have attended the modules, can repeat them by paying only 20%.



[ACRO.YOGA.THAI]



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[ The students can get SIMPLE accommodation +dinner in AYT community for 5€ of daily contribution or by their own, breakfast and lunch included for everyone]

- For reasons of organization you should **reserve by** paying 20% of the cost of the module with **1 minimum MONTH in advance**.
- The training will be in English (in Kerala), though we can help with Spanish and Portuguese.
- No electronic devices may be used in the shala!
- All trained students will receive the book/manual that we are preparing.

[Possible discounts if you inscribe **before January 1st**]

- Students previously trained in other Acroyoga school, will get a 30% discount to complete this training.
- Students who will record one of our sequences completed will receive **up to 30%** discount on their training.
- If you follow our challenges in Instagram/Facebook you can get 20% discounto for your training.

### INSCRIPTION

**Send us an email** with the following registration form to assess your participation and continue the process. Answer truthfully, personally, to help you so you can get all the advantages of the course.

**Registration form** (detailing this information in the email you send us)

- Name, age, city, languages, contact..
- Tell us in detail your experience in practice and studies or trainings of YOGA
- Tell us in detail your experience in practice and studies or trainings of THAI MASSAGE or other therapies
- Tell us in detail your experience in practice and studies or trainings of ACROYOGA/ACROBATICS
- Tell us why you want to be an acroyoga teacher
- What qualities do you think you have to be a teacher and which aspects do you think you should deepen
- Possible dates for your modules ( training schedule attached)

**Required Videos** (in the 3 rols. as Base. Flyer and Spotter)

- Bird mount, bird to shoulderstand, back to bird and dismount
- Free Star (at least 5 sec.)
- Cart Wheel mount and dismount from both sides with extended legs.

### NEXT TRAININGS:

- In **Kerala** (in English):
  - . Pre-training module: 3rd-6th February 2020.
  - . Training module: 7th-23rd February 2020.
- No **Brasil** (em Português): 3-23 de Março 2020.
- En **Argentina** (en Español): 6-26 de Abril 2020.
- En **Colombia** (en Español): 2-5 de Mayo 2020 (Módulo pre-formación)
- En Barcelona, **Spain** (en Español): Julio 2020.

**We are grateful for your interest on our training. Hope to hear from you soon!**

L&M

