

Unnata® Aerial Yoga Teacher Training

August 12-20, 2016

at Yoga Generation, Vancouver, Canada

The Unnata® Aerial Yoga teacher training is a comprehensive, immersive, eight-day advanced yoga teacher training, specifically designed for previously certified yoga teachers.

Aerial Yoga is a unique hybrid practice that combines traditional yoga postures with the empowering elements and fun of the Aerial Arts. We use a soft trapezoid fabric hanging from the ceiling. During Aerial Yoga the body rests in the air and with the help of gravity, the Yoga postures are explored in a new exciting way that relaxes, realigns and strengthens the whole body, while decompressing the joints. Fear and tension are released and confidence is built while having fun!

Unnata Aerial Yoga specifically is grounded in authentic yogic discipline and it is the established global leader for quality in the expanding field of "suspension training." Unnata Yoga teachers are rigorously trained to deliver fun, safe, and innovative Aerial Yoga classes to diverse populations. You can support your students to discover correct physical alignment, invite fluidity and flexibility, access deeper strength and stamina, understand fundamentals of inversions, transform fears and self-doubt, and more. After graduating from an Unnata Aerial Yoga teacher training course, you will have the skill and confidence to immediately teach your own well-sequenced, stimulating and creative Aerial Yoga classes.

The degree and the international certification is given by Michelle Dortignac, founder of Unnata® Aerial Yoga.

Successful completion of the courses will:

- Enable graduates to call themselves instructors of Unnata Aerial Yoga.
- Enable graduates to include their alumni contact information on the official website: AerialYoga.com (also Unnata.com).
- Invite alumni to the Facebook page that is only for Unnata Yoga teachers - where teachers can upload photos, videos, ask questions about the teaching and the activities of Aerial Yoga, share success stories, and remain connected to the global community of Unnata Aerial Yoga teachers.

More info about Unnata Aerial Yoga at www.aerialyoga.com

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www.YogaGen.ca

Practical Information

AUG. 12 - 20, 2016

Location: Yoga Generation; Coquitlam, BC, Canada

Full Program Dates: August 12 – August 20, 2016

Course Days: Friday, August 12 – Saturday, August 20, 2016 (100% attendance required):

Testing Day: Saturday, August 20, 2016. (Please allow for one extra day if needed, Sunday, August 21. Priority will be given to long-distance travelers and first enrolled)

Instructor: Tanya Popovich

Cost: \$1,500 usd; or \$1,350 usd early bird * *if paid in full by July 1, 2016*
\$450 usd deposit requested for enrollment; deposit fully-refundable through July 1, 2016.

All tuition fees, application fees, course materials, and licensing fees are included in the above costs. (Lunch/dinner/lodging not included.)

Notes: The Unnata Aerial Yoga Teacher Training course gives a lot of information in a relatively short amount of time. Course days will frequently span 9-10 hours, including a long lunch or dinner break.

To apply for this Teacher Training program, please contact Tanya Popovich directly at om@swaha.gr

About Tanya Popovich:

Tanya Popovich, E-RYT-500, Yoga Acharya (Master of Yoga) is the founder of Swaha Yoga Center and Yoga Therapy Institute in Athens, Greece. She is a certified Jivamukti Yoga and Unnata® Aerial Yoga teacher, with a long background in classical traditional Hatha Yoga systems, Vinyasa, and alignment based Anusara Yoga. Tanya is currently travelling and sharing the wisdom and joy of yoga internationally where she teaches workshops, retreats and directs 300hr and 500hr Teacher Training programs. Tanya studied Unnata® Aerial Yoga with Michelle Dortignac in 2010 in New York. For more information visit <http://www.swaha.gr> and www.yogalovein.com