aerial yoga
therapeutics

CREATIVE BODY flow

Aerial Yoga Therapeutics Postgraduate Program

Aerial Yoga Therapeutics utilises the aerial hammock, a unique apparatus that can induce the relaxation response, enhance body awareness, mindfulness and emotional regulation. This body-orientated intervention can be integrated into innovative clinical exercise-based rehabilitation practices, mental health settings and fitness studios. Facilitators of AYT work within the realm where instructor and therapist intersect with the goal of enhancing clients well-being, recovery and resilience.

The Aerial Yoga Therapeutics education program is designed for instructors, mental health or physical health professionals to learn how to harness the therapeutic benefits of this modality within their scope of practice to assist clients' step by step in the process of rebuilding trust in their body, relationships and the world.

This course is for you if you are..

A group movement instructor wanting to diversify your tool kit to offer therapeutic, transformational services to your clients one-on-one and be able to deliver group classes that are focused on wellness and longevity.

A mental health professional seeking to support your clients to integrate mind with body and creative process to heal and grow from psychological wounds and restrictive beliefs.

A physical health professional with a desire to work beyond physical mechanics to resolve your clients' pain with the ability to integrate mindful attention and emotional regulation through new experiences of free movement.

Aerial Yoga Therapeutics Postgraduate Theory Online Course - 50 hrs
Part 1: Commences July 5 2020
Part 2: commences Oct 11 2020

This instructor-led course offers a hybrid of self-study combined with live streamed contact to inspire and support group learning. Renae will work with the group to share her expertise and assist in cultivating competency and confidence in the theory of Aerial Yoga Therapeutics. Delivered in a 2-part learning series, this course is designed to equip you with a comprehensive understanding of the therapeutic attributes of the aerial hammock and how these are applied to best support mental and physical recovery and resilience.

This course will help you:

- Understand the therapeutic attributes of the aerial hammock apparatus and the appropriate application for specific populations
- Examine the various types of pain and trauma
- Identify the stages and phases of trauma recovery, rehabilitation and therapeutic movement
- Review the principals of yoga therapy in relation to aerial yoga
- Communicate biomechanical cues in effective ways that enhance freedom and quality of movement
- Review case study examples
- Conduct client history reports and measure pain/disability levels using appropriate scales
- Assess, progress or regress client programs to optimise positive outcomes
- Work within professional scope and health care ethics

Aerial Yoga Therapeutics Full Postgraduate Program - 150hrs

The full postgraduate program is inclusive of the Postgraduate Theory Online course with the addition of a practical intensive. This course aims to consolidate personal embodiment of the technique and develop facilitation skills in over 50 therapeutic aerial hammock exercises.

10-day Live Practical course
Scheduled 18 – 27th September, 2020

Develop facilitation skills in these key areas:

- Technical refinement
- Providing trauma-informed, safe and progressive group classes
- Working individually with clients to support specific mental or physical health goals
- Use pre-hammock exercises to assist the development of proprioception and body awareness
- Use Modifications of aerial hammock exercises for individual needs
- Apply methods of supporting mindfulness and flow-state experiences
- Use observational assessment skills to analyse posture and breath
- Use creative arts based sensory-motor activities for self-enquiry and self-reflection

Investment options:

Full PostGraduate Course $3990 early bird by June 7th/ $4350 with payment instalments

Postgraduate Online Theory Course online and live-streamed $1490

Find out more:

https://www.creativebodyflow.com/aerial-therapeutics/
https://bendandfly.com.au/aerial-therapeutics-foundations-course/ https://www.youtube.com/channel/UCYZfo5I1jP5y8yun5coXMBQ Keep https://www.facebook.com/creativebodyflow/