

Christopher Harrison's AntiGravity®

Aerial Yoga 2 Teacher Training

DAY ONE

*Based on a 9am-5pm schedule

- Registration (30min prior to training start)
- Meet & Greet (30-45min)
- CCH Welcome VIDEO
- Set Objectives: Listen as instructor, Importance of Nomenclature & Progressions. What is Aerial Yoga, What Differentiates Aerial Yoga from other yoga classes, What differentiates Aerial Yoga from other AG techniques.

“Dynamic Movement” Class Design (75 mins) 9:30-10:45am

BREAK (5mins)

Discuss Class
Manual Ritual

BREAKDOWN

Class Design 1: “Dynamic Movement”

BackBeltWrap Inversion (Table Top / Saucer Mount) - Spots, Scans, GWT

- Dew Drop

Practice Teach

Practice Spot

LongSkirtWrap Inversion - Spots, Scans, GWT

- Inverted Yoda

Practice Teach

Practice Spot

Valdez Pullover - Spots, Scans, GWT

Practice Teach

Practice Spot

Eagle Sequence - Scans, GWT

One Winged Crow Sequence (Flamingo Mount/Glider Mount/Tension Mount)

- Spots, Scans, GWT

Flying Pegasus Leg Stretch Sequence - Scans, GWT

Practice Teach

LUNCH

Refresher of Basic Bandhas

Hero Sequence- **Spots, Scans, GWT**
Twistomatic Sequence - **Scans, GWT**
Slalom Cat / Cow - **Scans, GWT**
Charging Warrior Sequence - **Scans, GWT**

Practice Teach

Swinging Cannonball / FrontBelt Scorpion / Bird's Nest Swings - **Spots, Scans, GWT**
Bird's Nest Sequence - **Spots, Scans, GWT**
FrontBelt Handstands - **Spots, Scans, GWT**

Practice Teach

Standing Bodywave Sequence - **Scans, GWT**
Twistopher Sways - **Scans, GWT**
Fish / Hip Scooches - **Scans, GWT**
Seated Balancing - **Scans, GWT**

Practice Teach

GWT DRILLS

Practice Teach