

50 Hour Yoga Trapeze Intensive Teacher Training Course Non-residential Program May 23 to 27, 2022

Our Yoga Trapeze Teacher Training program is also known as **Zero Impact Lymphatic Drainage Inversion Therapy**. It is a type of yoga which uses a yoga swing to allow students to perform postures that they may not ordinarily be able to attempt on the yoga mat. It combines traditional yoga with postures with the use of the yoga swing, it is a practice where we use full yogic or ujjayi breathing and we aim to involve a component of exploration, fun, core work and relaxation.

Course Objectives

- To give the teacher the tools to safely conduct individual & group yoga trapeze classes.
- To understand the benefits, contraindications and adaptations yoga trapeze for different age groups.
- To provide the participant the tools to sequence general trapeze classes as well as adaptation to those who may have common diseases and challenges on physical as well as psychological levels.

What is Yoga Trapeze

The yoga trapeze or also known as yoga swing is a modern adaptation of yoga-rope-wall or yoga kurunta practice that was firstly introduced by T. Krishnamacharya in his yoga shala in Mysore. The initial postures were published in the book Yoga Makaranda. Later on, BKS Iyengar, having been inspired by his Guru, creates a deeper practice on yoga Kurunta. In 1991 the practice was introduced as aerial yoga by Cristopher Harrison where he combined pilates, dance and acrobatics. The trapeze version of this course has been taught worldwide by several renowned teachers for the last 15 years. The yoga trapeze involves a combination of postures that are yoga and core work oriented while maintaining fluidity and a sense of exploration.

Benefits of Yoga Trapeze

- The traction aspect of the trapeze, decompresses the spine as it creates space between each vertebrae. Excellent for those suffer from chronic back pain, sciatica, & disc compression.
- Helps prevent migraines and tension headaches, irritability and mood swings. Helps reduce stress, anxiety, depression and quality of sleep.
- The inverted aspect of the practice has a detoxifying effect in the body, creates a lymphatic drainage, reduces and prevents varicose veins, increases stamina, memory and concentration.
- The back bending aspect of the practice allows the spine to become supple and allows you to perform back bending postures safely.

COURSE CONTENT

MODULE I - KNOWING YOUR TRAPEZE

1. PREPARING YOURSELF AND YOUR TRAPEZE

- 1.1. HOW TO USE THIS MANUAL
- 1.2. WHAT IS TRAPEZE YOGA
- 1.3. HISTORY
- 1.4. BENEFITS
- 1.5. CAUTIONS
- 1.6. HOW AND WHERE TO SET UP YOUR TRAPEZE
- 1.7. WHERE TO BUY YOUR TRAPEZE

MODULE II - LEARNING TO USE YOUR TRAPEZE

2. THE ASANAS

- 2.1. WARM UPS
 - 2.1.1. Warrior Charges & Retreats
 - 2.1.2. Mountain Circling
 - 2.1.3. Down Dog
 - 2.1.4. Twisted Down Dog
 - 2.1.5. Imaginary Chair
 - 2.1.6. Mountain Twists
 - 2.1.7. Kneeling Twists
- 2.2. HIP OPENERS
 - 2.2.1. Warrior II
 - 2.2.2. Reverse Warrior
 - 2.2.3. The Dancer
 - 2.2.4. Split Monkey
- 2.3. TRACTION & BACKBENDS
 - 2.3.1. Sitting and Leaning Back
 - 2.3.2. Essential Traction & Variations
 - 2.3.3. Half Bow
 - 2.3.4. Coming Back to Sitting
 - 2.3.5. Full Bow
 - 2.3.6. Open Wings
 - 2.3.7. Fly Away
 - 2.3.8. Free Flight
 - 2.3.9. Baby in the Womb
- 2.4. UPPER BODY STRENGTH & CORE
 - 2.4.1. The Tight Ship
 - 2.4.2. Vashista's Side Plank
 - 2.4.3. The Half Peacock
 - 2.4.4. Full Plank
 - 2.4.5. Plank Crunches
 - 2.4.6. Handstand Prep
 - 2.4.7. Handstand
- 2.5. FORWARD BENDS, TWISTS & RELAXATION
 - 2.5.1. Simple Forward Bend
 - 2.5.2. Downward Forward Bend
 - 2.5.3. Easy Crossed Legged Pose
 - 2.5.4. Simple Twist

- 2.6. DYNAMIC BACK BENDS
 - 2.6.1. Wild Thing 1 & 2
 - 2.6.2. Melting Heart
 - 2.6.3. Baby Cobra
 - 2.6.4. Baby Bridge
 - 2.6.5. Extended Bridge
 - 2.6.6. Resting Pose

3. THE BREATHING PRACTICES

- 3.1. Abdominal Breathing
- 3.2. Full Yogic Breath
- 3.3. Ujjayi Breath
- 3.4. Cooling Breaths
- 3.5.

4. SEQUENCING FOR YOGA TRAPEZE

- 4.1. Breathing
- 4.2. Warming Up
- 4.3. Restorative Trapeze Sequences
- 4.4. Counterposing
- 4.5. Developing Sequences Safely and Creatively

5. THE SEQUENCES

- 5.1. Lower Back Pain & Sciatica
- 5.2. Immunity Booster & increasing breathing capacity
- 5.3. Sequence for Mental Health (Depression, Anxiety, Stress, PMS)
- 5.4. Sequences for Insomnia, Increase Concentration .
- 5.5. Teaching a Class

6. ADAPTING PRE-EXISTING YOGA POSTURES TO TRAPEZE

- 6.1. Exploration of Asanas
- 6.2. Teaching & Guiding Safely

7. Final Notes

8. Bibliography



Modules I & II are inclusive of:

- Course Tuition & Manuals. Digital Books for reading assignments.
- Breakfast is Included, food is served at elixir cliff & spa resort.
- Water & Herbal Tea all day.
- 50 Hour Certification from Inner Heart Yoga & Holistic Institute as well as from Yoga Alliance Continuous Education (YACEP).
- Yoga Trapeze or Yoga Swing and Accommodation are not included in the price. **This is a non-residential training.**

Course Schedule

Schedule Date: May 23 to 27, 2022

- 8:00 am - 9:30 am Yoga Trapeze Practice
- 9:30 am - 10:30 am Breakfast Break
- 10:30 am - 12:30 pm Yoga Trapeze Theory & Practice
- 12:30 pm - 4:15 pm Lunch Break
- 4:15 pm - 6:00 pm Yoga Trapeze Theory & Practice
- May 14th: Teaching Final Class.

Closing Date: May 27, 2022

- 7:00 am - 9:00 am Yoga Trapeze Practice & Certification
- 9:00 am - 10:00 am Breakfast & Farewell

Course Fees

- Early bird Price Before May 5th, 2022: 600 Euro per person
- Course Deposit: 300 USD before May 8th, 2022.
- Price from May 6 to 11, 2022: 650 Euro per person.

Course fee does not include housing, transportation to/from the studio or any other additional expenses.

