

a'ayana

Transforming lives through yoga

AERIAL YOGA **TEACHER TRAINING COURSE**

Varkala, Kerala



COURSE OVERVIEW

Module 1: Foundations of Aerial Yoga

History and evolution of aerial practices

Principles of suspension and anti-gravity techniques

Understanding the hammock: safety, rigging, knots & setup

Contraindications, precautions, and benefits of aerial yoga

Module 2: Anatomy & Physiology

Biomechanics of inversion and spinal traction

Musculoskeletal anatomy in aerial postures

Respiratory system and breathwork in suspension

Nervous system response: fear, trust, and proprioception

Injury prevention and body alignment principles

Module 3: Asana Practice

Fundamental aerial postures (standing, seated, supine, inverted)

Progressions and modifications for all levels

Balance between strength, flexibility, and playfulness

Sequencing: restorative aerial vs. power aerial flows

Integration of mat-based yoga with aerial postures

Module 4: Teaching Methodology

Class structure and sequencing strategies

Cueing and voice modulation in aerial practice

Hands-on adjustments and spotting techniques

Building confidence in students for inversions & flips

Managing group classes vs. private sessions

COURSE OVERVIEW

Module 5: Pranayama & Meditation in the Hammock

Breath awareness in suspended positions

Pranayama practices to support nervous system balance

Guided meditation & Yoga Nidra in the hammock

Developing awareness through weightlessness

Module 6: Philosophy & Psychology

Mind-body connection in suspension

Overcoming fear and trust-building in aerial yoga

Elements of yoga philosophy (sutras, gunas, koshas) in context of aerial practice

Creativity, play, and inner child awakening

Module 7: Teaching Practicum

Designing and teaching a full aerial yoga class

Peer teaching and feedback sessions

Thematic classes: strength, flexibility, restorative, meditation-based

Final teaching evaluation and assessment

Module 8: Professional Development

Ethics of a yoga teacher

Creating a safe and inclusive space

Setting up an aerial yoga studio (rigging, mats, space, safety audits)

Marketing, social media, and building a teaching career

Assessment & Certification

COURSE DATE & FEE

DATE: 20-24 SEPTEMBER, 2025

ONLINE BANK TRANSFER DETAILS

INR 25,000 (Excluding food and accommodation)

Aayana Yoga Academy

ICICI Bank, Jayanagar 9th Block

Current Account: 029905500139

IFSC Code: ICIC0000299

Please whatsapp/email transaction details to help us track your payment and mention

‘YourName’ in the transfer description.





REACH OUT



aayanayoga@gmail.com



+99035424322



www.aayanayoga.com



aayanayogavarkala

TEACHING TEAM



Varsha Ravikumar

Varsha Ravikumar is a flow-based movement artist and yoga educator dedicated to holistic wellness. She is certified in Hatha (200hr), Yin (50hr), and Aerial Yoga (50hr) and has been teaching yoga for over 8 years. Varsha has taught and certified multiple batches of Aerial Yoga TTCs under Yoga Alliance. She brings creativity and anatomical precision into her yoga teaching, blending strength, flow, and mindful awareness to make her sessions both empowering and transformative. Drawing from her diverse movement background—including contemporary dance, kalari, and animal flow—Varsha’s aerial yoga teaching emphasizes alignment, creativity, and self-discovery in the air

TEACHING TEAM



Anisha Sinchewry

Anisha is a yoga teacher specializing in Aerial Yoga, Hatha, Vinyasa, and Yoga Nidra, and is also a Certified Bungee Fit Trainer, currently teaching at Aayana Yoga Academy, Varkala. Her yoga journey began while pursuing a Master's in Literature at Delhi University, where meditating and reading Osho's writings became her anchor during her formative and academic years. Later, while working in a demanding role at a law firm in New Delhi, Anisha completed her first 500-hour TTC in Rishikesh, where she got a glimpse of traditional yoga practices and philosophy. Two years later, she fully transitioned into teaching and completed an additional 200-hour TTC at Aayana Yoga Academy in Bangalore, where she discovered Aerial and other modern styles of yoga.

For Anisha, Aerial Yoga is like an art—an expression of creativity, movement, freedom, and trust. She loves how it encourages students to overcome fear, build strength and experience a sense of child-like freedom. Over a year, she has taught Aerial Yoga to a diverse range of students—from kids to seniors aged 70+—ensuring safety, adaptability, fun and inclusivity for all.

When not teaching, Anisha enjoys aerial dancing, exploring new movement styles, creating community practices and retreats that bring people together through yoga. She believes that her teaching style, just like herself is ever evolving yet rooted in connection, inclusivity, and empowerment, ensuring every student and fellow practitioner feels safe, seen, and supported in their journey.

*'Have the courage to fly, because the person you are becoming will
give you wings to soar'*

TEACHING TEAM



MRINALI MADHUKAR

Academic Head - Anatomy and Physiology

MrinaliMadhukar is an internationally trained Yoga Teacher - RYT 200, RYT 500 hours. Although she completed her bachelors degree in Engineering, she soon discovered her true calling in yoga. Since, 2010, She has been practicing and teaching yoga. She teaches various styles like Vinyasa Yoga, Hatha Yoga, Yin Yoga, Pranayama and, Meditation. She is also a part of teacher training programs, specializing in the anatomy and physiology of yoga asanas and movements. Her motto is “making yoga approachable and attainable for students”.

Qualification - RYT 500

- Anatomy Course Yoga Synergy Australia
- Anatomy Trains Tom Mayers (UK)
- Comprehensive Yoga Anatomy Course by David Keil
- Yin Yoga Teacher Training Course (Level 1&2)
- Thai Yoga Massage Therapy Course (Level 1&2)
- Prenatal Yoga Teacher Training
- Hypnotherapy (Level 5)

-Tasso (Transpersonal Regression Therapy (ongoing)

Current Role - Lead Trainer Yoga Anatomy at Aayana Yoga Academy

- Lead Trainer Yin Yoga Teacher Training Course - Master Teacher

WORDS FROM OUR PAST STUDENTS



★★★★★ 17 Jun 2024

I completed my Aerial TTC this year in January with Aayana. It was a wonderful experience to learn and explore so much in this form of yoga. An entire different experience of learning anti gravity practise. I am glad that I got this opportunity to learn Aerial yoga under the guidance of Mrinali and Reegesh. Throughout the course, they were very supportive and even after the course as we assisted in their live aerial classes, it helped me to get the confidence to teach aerial yoga myself.

I didn't have the hammock setup in my own space initially and I got the support from Aayana to do my self practise in their Academy as long as I want to. I am grateful that I am associated with Aayana family and the lovely teachers here who genuinely want to spread the happiness of yoga among people.



Dr. Miuru Jayaweera

6 reviews • 13 photos



★★★★★ 52 weeks ago

Very good Aerial Yoga 30 hour YACEP course. I chose Aayana Yoga Academy out of all the choices I had in Bangalore because of the structure and the short duration as I am from Sri Lanka. The course was structured in a way that I could easily leave my full time yoga teaching for 6 days to attend the course. Mrinali is a very good teacher, and one of the strongest I have seen on the hammock. She is patient and understanding of her students capabilities and is professional in her approach to teaching this special skill. The academy is a clean professional place and close to restaurants and AirBnBs and in a safe environments for solo female travellers like me. All in all I really enjoyed the programme. Thank you Mrinali and Aayana