



Aerial Yoga Training Schedule Friday, 7/14 – Sunday, 7/16

TRAINING SCHEDULE

FRIDAY:

9am-12pm Lecture
1:15-5pm Practicum Class
& Team Teaching

SATURDAY:

9am-12pm Lecture
1:15-5pm Practicum, Class
& Team Teaching

SUNDAY:

9am-12pm Lecture
1:15-2:45pm Practicum
3-5:30pm Practice Teaching
5:30-6:00pm Debriefing &
Closing Workshop.

ABOUT THE INSTRUCTOR:

JOSH MCGIRK E-RYT 500, BS, NCTMB
Josh is a nationally and internationally renowned yoga instructor and massage therapist. He uses movement and self-care to nurture and nourish the body from within. His background in anatomy and science helps him to identify and quiet the body, while his passion for yoga philosophy helps cultivate more compassion for the self.



COST: \$600

Includes 30 continuing education units with Yoga Alliance, and an aerial yoga training manual including information about aerial yoga history, pose breakdowns, equipment rigging, safety, and three sample class outlines.