

Aerial Yoga Teacher Training Course (in English language)

The three-day teacher training course is limited to six participants in order to ensure a high quality. You do not need any prior experience in aerial yoga in order to attend the training.

Schedule

Friday	10.05.2019	12:00 - 19:00
Saturday	11.05.2019	10:00 - 18:00
Sunday	12.05.2019	10:00 - 16:00

Aerial yoga training manual and certificate

The course language will be English, but you can choose to receive the training manual in English or in German. The manual is very robust with a metal spiral binding containing more than 150 coloured pictures which will help you to learn the technique and serve as a reference after your training. You will also get a certificate of completion.

Prerequisite

Any form of former professional education in the field of sports/movement, e.g. yoga, aerobics, Pilates or gymnastics teacher, sports coach, dancer, acrobat, fitness instructor, physiotherapist or medical doctor. Preferably you should have some experience in teaching group training. Please contact us, if you do not meet these requirements. We are happy to discuss with you if it is reasonable to attend our training.

Contents

- General basics of training design: warm-up, main part, cool-down, stretching, relaxation
- Specific features of the different kinds of training: hatha yoga, aerial yoga, sling training
- Contraindications and possible discomforts
- Aerial yoga equipment, rigging, tying aerial yoga knots
- Differences between one and two point rigging
- Aerial yoga technique: variations of traditional yoga asanas with the aerial yoga hammock, inversions, acrobatics, strenght training, jumps, turning, swinging, partner exercises, massage and a basic approach to therapeutic aerial yoga
- How to structure a class, sequencing exercises
- Practice, practice, practice

Costs

599,- € incl. 19% VAT

Public sponsorship

We accept the German "Bildungsprämie". For more information visit: www.bildungspraemie.info

Registration and event location

In order to register please send us the registration form via post, fax or e-mail. You can find the event location in the registration form. You will receive a confirmation of registration and a request to pay a first installment in the amount of 150 EUR. The remaining amount is due for payment one week before the start of the event.

Feedback

"I am Jieru from China. Jost is a very good teacher. I learned a lot from him, and when I was back, I successfully held my own fly yoga teacher training in China."

合十感恩 Jieru, Yogastudio-Inhaberin, Truth Yoga, China

"Thank you so much. I loved your teacher training in Denmark. The way you taught us basic and advanced aerial yoga, I loved. Thanks for sharing it. I'm impressed and thankful."

Brian Henrik Schioldan

"I definitely went in and flew out :-). Jost is a wonderful, precise, clear and charismatic teacher. I took Jost's course in German. I wanted to challenge myself with the German language, but I got lost sometimes.... Jost helped me out with the language whenever necessary without slowing the class down. I am really grateful for this. I felt like I've left the course having covered all aspects and I'm not pondering over any unanswered questions. I looked forward to class in the mornings and left smiling and confident in the evenings. His lesson structure was great and we covered all topics sufficiently. I'm excited to get teaching :-). Thanks Jost"

Emily Kinch, Aerial Chandelier and Dancer

"I really enjoyed the course, you planned the activities well, the Aerial Yoga sessions built over the three days. Theory was carefully balanced with creativity. You really broke down the teaching elements into clear instructions, this helped me understand them and gave me a method of teaching myself. Your style of teaching really resonated with me and it was good to see that this can be applied to a group class session and the Aerial Yoga system. Thank you!"

Nix Barnaville, Aerial teacher, arts manager and performer

"I wanted to take a moment to write a quick letter about my experience at the Aerial Yoga three day intensive training. I am a fitness and yoga instructor but have „till now“ had no real experience with aerial yoga and was a little unsure of myself. Our first day was a wonderful experience where Jost took us through a step by step class. He alternated between relaxation, intermediate and advanced training in such a way that you don't even have time to question your own abilities. You find yourself doing what you didn't imagine was possible for you. It was also a very comfortable environment where it's okay to make mistakes. Jost is very competent and I'm very proud to have learned under his guidance. We laughed, grunted and broke barriers while learning more about ourselves. I highly recommend aerial-yoga.de if you want competent yet still fun and exciting teacher training."

Maria H. Goode, Trainer

**IF YOU HAVE FURTHER QUESTIONS PLEASE FEEL FREE TO CONTACT US
(REGISTRATION FORM, TRAVEL AND ACCOMODATION TIPS BELOW)**

About the trainer

Jost Blomeyer is one of the most experienced Aerial Yoga trainers in Europe. He has introduced this innovative exercise programme in **TV shows** of ARD, Arte, RTL, N-TV, Sat.1 and ZDF as well as in print magazines, online and on radio.



After his training as an actor, singer and dancer – amongst others at the Staatliche Ballettschule in his hometown Berlin – he performed at the Metropol-Theater. He danced in musicals from “Anatevka” to “Wizard of Oz”, acted in the TV series “Gute Zeiten – Schlechte Zeiten” and was the choreographer for the German boy band “Strong Together”. While studying for a degree in architecture and being confronted with back pain due to prolonged sitting, Jost turned to health-oriented training. He got certified as a fitness and aerobics instructor and soon became a teacher at the TÜV-Akademie for future trainers. After he discovered yoga, he took over thousand hours of training classes in France, the Bahamas and Texas to become a yoga teacher in the Sivananda and Ashtanga Vinyasa styles. He was licensed at the Yoga Alliance (500 Hours Level, Multi-Style).

After receiving his diploma from the Technical University Berlin he discovered his interest for psychology and the mind-body connection and immersed into numerous qualification programs like EMDR Therapist, NLP Trainer, Wingwave Coach and Non-medical Practitioner for Psychotherapy. Since 2004 he is working as a workshop trainer, coach and therapist both nationally and internationally. He is the founder and owner of **metatraining**.

In 2009, after his training in AntiGravity Aerial Yoga, he was one of the first to teach this programme in Germany. He was also certified in Aerial Flow Yoga (Unnata Aerial Yoga style). He integrates his knowledge as a certified trainer in yoga, fitness, aerobics, Pilates, Blackroll fascia training and in TRX suspension training into his lessons. His yoga classes combine a mixture of good humour and serenity, strenuous exercises and concentration on breathing, followed by relaxation. His main focus is on Aerial Yoga, Vinyasa Flow and Ashtanga Yoga.

A yoga sequence by Jost was published on DVD for the **magazine “Tip: Edition Aktiv leben”**. On TV he spoke at the **zibb-Infomagazin** about yoga, weight reduction and light relaxation at the PC work station and he demonstrated practical exercises. He recorded the CD “Relaxing Body & Mind”, which contains progressive muscle relaxation as well as yoga relaxation. His DVD **Meditation und Yoga für Coaches und Therapeuten** was recorded during his 60 minute presentation at the DVNLP congress “Coaching”. He also recorded yoga video series for the training portals Loox (McFit) and **My Mat & Me**. For the Spiegel Online yoga special **Das große Yoga ABC** he has demonstrated five modern styles: AntiGravity Aerial Yoga, Acro Yoga, Ashtanga Yoga, Iyengar Yoga and Jivamukti Yoga. The magazine **Yoga Deutschland** published a cover story on Aerial Yoga with Jost. Currently he is featured in a Fitbook video, where he demonstrates Aerial Yoga and talks about the origins, advantages and benefits of this new yoga style: **Warum diese Trendsportart für fast jeden geeignet ist**.

Jost has more than twenty years of teaching experience. Over one hundred participants successfully completed his Aerial Yoga Teacher Training Course.

Aerial Yoga Teacher Training (Fundamentals Course) Registration Form

Return address:

metatraining – Jost Blomeyer
Joachim-Friedrich-Str. 27
10711 Berlin
Germany

Phone: +49 (0)30 318003-91
Fax: +49 (0)30 318003-92
E-mail: info@aerial-yoga.de
info@metatraining.de

I hereby register for the **Aerial Yoga Teacher Training** (participation fee 599,- € incl. 19% VAT):

Gender _____

Title/first/last name _____

Street/No. _____

Post code/city/country _____

Telephone _____

Mobile phone _____

E-mail address _____

Date of birth (dd/mm/yyyy) _____

Professional training _____

Teaching experience _____

Participation at the event

The participant attends the **Aerial Yoga Teacher Training** (Fundamentals Course) executed by **metatraining - Jost Blomeyer** (henceforth referred to as: event organizer). The event starts on the 10th of May and ends on the 12th of May.

The participant receives a training manual and a certificate of completion at the end of the event, if he/she attended at least 85% of the event.

The event is intended for participants with knowledge and practical experience in the field of sports/movement. Participants should have already received a professional training, such as yoga, aerobics, Pilates or gymnastics teacher, sports coach, dancer, acrobat, fitness instructor or physiotherapist. Preferably they should have some experience in teaching group training. The participant declares that he/she fulfills these conditions or else that he/she understands that the event is intended for participants with these prerequisites for attending.

Schedule and event location

The training will take place as follows:

Schedule (incl. breaks)

Friday 10.05.2019, 12-19
Saturday 11.05.2019, 10-18
Sunday 12.05.2019, 10-16

Event location

PhysioNeo
Breisgauer Straße 2a, 14129 Berlin, Germany
(located directly at station S-Bahnhof Schlachtensee)

I accept and agree with the general terms and conditions of business (<https://www.aerial-yoga.de/agb/>) and privacy policy (<https://www.aerial-yoga.de/datenschutzerklärung/>).

Date, Signature

Instructions on withdrawal**Right of withdrawal**

You have the right to withdraw from this contract within 14 days without giving any reason.

To exercise the right of withdrawal, you must inform us:

metatraining – Jost Blomeyer, Joachim-Friedrich-Str. 27, 10711 Berlin, Germany

Phone: +49 (0)30 318003-91; Fax: -92; E-mail: info@aerial-yoga.de or info@metatraining.de

of your decision to withdraw from this contract by an unequivocal statement (e.g. a letter sent by post, fax or e-mail). You may use the attached model withdrawal form, but it is not obligatory.

To meet the withdrawal deadline, it is sufficient for you to send your communication concerning your exercise of the right of withdrawal before the withdrawal period has expired.

Effects of withdrawal

If you withdraw from this contract, we shall reimburse to you all payments received from you, including the costs of delivery (with the exception of the supplementary costs resulting from your choice of a type of delivery other than the least expensive type of standard delivery offered by us), without undue delay and in any event not later than 14 days from the day on which we are informed about your decision to withdraw from this contract. We will carry out such reimbursement using the same means of payment as you used for the initial transaction, unless you have expressly agreed otherwise; in any event, you will not incur any fees as a result of such reimbursement. You will be charged the fees corresponding to the amount of course time having taken place until your withdrawal from our contract.

Date, Signature

Travel and Accommodation Tips

Travel tips - Enter the address of the event location in the search masks of the websites:

General orientation: www.google.de/maps

Public transportation in Berlin: www.bvg.de

Private rooms: www.airbnb.de

Hotels: www.booking.com

Event location [Please click here to view the event location in Google Maps!](#)

PhysioNeo, Breisgauer Straße 2a, 14129 Berlin, directly at station S-Bahnhof Schlachtensee



There is the vegan café **Goodies** in the house where we can eat and have coffee during the breaks.

Recommended accommodation

Appartementhotel am Evangelischen Krankenhaus Hubertus

Spanische Allee 10-14, 14129 Berlin

These apartments are in about 10 min walking distance. Other participants were very satisfied with the pricing and cleanliness. (Single room 42 €, Double room 69 €, incl. VAT)

Reservation

Mo-Fr 8:00-15:00, Phone: +49 30 81008-840, Fax: +49 30 81008-143

E-mail: appartement.hubertus@pgdiakonie.de

Model Withdrawal Form

Complete and return this form only if you wish to withdraw from the contract.

(e.g. a letter sent by post, fax or e-mail)

Return address:

metatraining – Jost Blomeyer
Joachim-Friedrich-Str. 27
10711 Berlin
Germany

Phone: +49 (0)30 318003-91

Fax: +49 (0)30 318003-92

E-mail: info@aerial-yoga.de
info@metatraining.de

I hereby give notice that I withdraw from my contract of sale of the following goods/for the provision of the following service:

Ordered on/received on _____

Name of the goods/service _____

Order code (if any) _____

Price (incl. VAT) _____

Name und address of consumer:

Title _____

First and last name _____

Street/No. _____

Post code/city/country _____

Date _____

Signature _____

(only if this form is notified on paper)