

Family AcroYoga teacher training

2022
Online Module 1
class 2

With Esther & Tatjana



OPENING CIRCLE

- Name + superpower move
- The 4 winds child on lap
- Picking the apple
- Shoulder & head massage



YOGA

- Rolling boat
- Yoga sun salutation
- Yoga sun salutation circle tunnel:
under Downdog & warrior over
Cobra
- Baby Monkey Yoga



STRUCTURE OF CLASS

1. Opening circle - connection with group, ceremony
2. Yoga - connection with breath and body, warm-up
3. Acrobatic warm up - prep for acroyoga
4. Family AcroYoga
5. Cool down - massage, Savasana
6. Closing circle - ceremony

Options:

- Break in middle
- Games,
- Break for kids practice with parents
- Presentations in the end



PARTNER YOGA

SEATED FACE TO FACE

1. Twist - one arm to the back
other reaches forward
2. Straddle side bent (shake hands)
3. Circles
4. Boat pose legs up and legs to
straddle
5. Lift to standing



STANDING FACE TO FACE

1. Counterbalance (standing straight), release one hand at the time
2. Backwards swimming - cross arms
3. Dutch roof
4. Diamond window
5. Dance pose
6. Hug



STANDING SIDE BY SIDE

1. Mountain pose tadasana
2. Treepose - Vriksasana
3. Warrior - Virabhadrasana 1+2+ reverse
4. Wide legged forward bend - Prasarita Padottanasana - hug and counterbalance
5. Walk hands to back of the mat and do the warriors
6. Step forward to Treepose
7. Mountain pose



SEATED BACK TO BACK

1. Sit cross-legged
2. Twist - both sides
3. Adult in butterfly - child backbend over adult
4. Adult seated forward bend - child backbend over adult
5. Child - childpose (sits on shins) - Adult backbend over child.
6. Massage bed - Adult sits on shins, comes to all fours, child feet on the ground knees up, 'glued' to back of the adult, lays on top.
7. Childpose - child on top



CLOSING CEREMONY

- Passing on the breath
- Aum child sits on lap of adult, hand sandwich



HOMework

1. For the yoga class please read: 1.3. YOGA HISTORY & PHILOSOPHY page 3-6
2. Watch 3 videos and practice them with a child (or small adult), focus on **how** to explain the technique to the child:
 - Straddle throne,
 - The Chair,
 - The Climbing tree
3. DIARY: Start writing a diary about your experience with doing these exercises. Just write what you did, and your observations (preferably a google doc, 10 lines - 1 page).
 - Send us the link/doc **before Wednesday morning 10am** to:
familyacroyoga@gmail.com