

Aerial Yoga Lesson Plan

Session Title	Beginners Aerial Yoga	Tutor	Yasmin Strong Edel Wigan
Venue		Date	

Week 1 Lesson Plan- An Introduction to Aerial Yoga 10 min Introduction, 45 min yoga session, 5 min closing.

Lesson aims: To introduce students to the basics of Aerial Yoga, gradually building confidence and competence in the sling. Creating a relaxing and enjoyable workout for all.

Teaching Outcomes:

1. Learners to feel relax in the group and environment
2. Learner will be able to perform a variety of beginners moves
3. Learner will understand the height requirements for their Aerial Yoga sling
4. Learners will have had an enjoyable Aerial Yoga experience

Materials and equipment required: *Registration paperwork, Flying Fantastic's emergency procedures.*

Time	Subject Matter/ Content	Tutor Activity	Learner Activity	Resources /Notes
5 mins	Complete paperwork including PAR Q	Greet students and introduce yourself. Give brief overview of class, including Health and safety information. Privately discuss contents of PAR Q.	Complete paperwork. Discuss any health issues with tutor and address any concerns. Listen to important information.	Folder to collate PAR Qs Make notes on any injuries or things of note.
5 mins	Rigging	Adjust the slings for the height of each learner.	Partake in height checks. Ask questions to understand the	

		<p>Explain the height requirements so learners can self assess if it is correct.</p> <p>Answer any questions.</p>	<p>process for future classes.</p>	
<p>Class Starts</p>				
3 mins	Class Intro	<p>Introduce yourself and give an overview of what's to come this class.</p> <p>Explain that individuals must listen to their body, stay within the realms of their comfort rather than 'pushing through' pain.</p> <p>Rest/ drink water when required. Encourage Q & A.</p>	<p>Listen to information provided and take part in Q & A,</p>	
3 mins	Seated relaxation	<p>Explain mechanics of 'getting in' the sling.</p> <p>Bring students into seated relaxation and set a calm tone. Use cues to prompt students to focus on their breath, and relax their body.</p>	<p>Perform getting in the sling.</p> <p>Focus on breath and relaxing body.</p>	
5 mins	Warm up	<p>Ease students in with some soft movements inside the sling to help create a trust in the fabric, and an understanding of how you move and control your sling</p> <p>Teach the Open Sling Warm Up.</p> <p>Encourage students, and advise that building a trust and familiarity with the sling is probably the hardest part of your first class.</p> <p>For progression offer Pike Tips exit.</p> <p>Teach Cat Cow.</p>	<p>Perform warm up with optional progression.</p>	

10 mins	Sun Salutation	<p>Teach Sun Salutation to raise pulse, and dynamically stretch . Both sides.</p> <p>Check if students are feeling warm.</p> <p>Encourage students!</p>	<p>Perform Sun Salutation.</p> <p>Respond to Q & A.</p>	
10 mins	Downward dog series	<p>Teach Downward Dog Plus adaptations: - Heels towards the bum, sink the chest towards the ground to open up the shoulders, and stretch the front body.</p> <p>Progression if needed to challenge the class: straighten the legs and make them as wide as possible before walking backwards on the hands to come to a handstand position!</p> <p>If a student is struggling stick with downward dog, keeping the feet grounded.</p> <p>Offer encouragement and tips to make the sequence accessible to learners in front of you.</p> <p>Bring students up and into the recovery position.</p> <p>Teach Front Balance. Offer 'swinging' if the studio space allows.</p>	<p>Learners perform Downward dog series whilst tutor assures every learner has correct technique..</p> <p>Perform recovery position when asked.</p> <p>Learners to listen and watch demonstration of front balance, before attempting to perform. You should offer additional cues for any learners who need additional support.</p>	
7 mins	Invert	<p>Demonstrate Basic Inversion with students observing. Aid students into this position one at a time. Instruct that learners will wait until you reach them.</p> <p>Offer Shoulder Stand on the Sling as a regression.</p>	<p>Learners to listen and watch demonstration of invert.</p> <p>Students to wait their turn, only inverting when the tutor is with them.</p>	

		<p>From Basic inversion try progressing to :</p> <ul style="list-style-type: none"> -Place palms on the floor and walk your hands away from the rigging point until you feel the shoulders extending and the spine lengthening. Push into the ground with your hands and let the rest of the body relax into the stretch. -Optional side stretch by swaying hips from side to side. <p>Bring students up and into the recovery position.</p>	Learners to enter recovery position, or exit the move sooner should they feel dizzy or uncomfortable.	
7 mins	In sling cool down and relaxation	<p>Laying Down Relaxation with stretches.</p> <p>Plus 3 mins complete stillness in sling savasana . Ease the three minutes in with a short speech on relaxing the body, and focusing on breath.</p> <p>If students feel 'seasick' offer a savasana on the ground. Possibly with feet in the sling (Shoulder Stand on sling regression)</p> <p>Ease students back up to a seat.</p> <p>Close the class.</p>	<p>Learners perform the moves whilst you assures every learner is comfortable.</p> <p>Offer additional cues or hands on adjust for any learners who need additional support.</p> <p>Explain that students will have 3 minutes of silence before you bring their attention back.</p>	
Class Ends				
5 mins	End session	<p>Advise students to drink water post class.</p> <p>Give students any information on upcoming classes/workshops.</p> <p>Evaluate session, how everyone feels, take onboard any feedback.</p> <p>Tidy the studio space and equipment.</p> <p>Perform self evaluation of session.</p>	Learners listen to information and offer feedback on their experience.	Aerial Yoga Teaching Manual for reference