



Fly With Grace Yoga Studio
FWGYS AYTT TRAINEE AGREEMENT

Aerial Yoga Teacher Training: Level 1

Nov~Dec 2025

Hosting Location : The Dance Spot (Round Rock, TX)

- 1. I possess a genuine desire to want to learn Aerial Yoga. I declare that I have chosen to be here now.**
- 2. I acknowledge that individuals with prior experience in Aerial Yoga or holding certifications such as in Yoga, Pilates, Personal Training, Physical Therapy, or similar credentials from accredited institutes within the health, wellness, & fitness industry, may find it more accessible to integrate Aerial Yoga into their fitness routines.**
 - Conversely, individuals with no previous experience or certifications within the health, wellness, and fitness industry may encounter a greater challenge when participating in Aerial Yoga.
- 3. I am fully capable of self-regulation & taking responsibility for myself, including but not limited to, observing & accepting all of my range of feelings/emotions/sensations that may or may not arise from participating in an Aerial Yoga intensive educational program.**
- 4. I recognize that that the curriculum in this training is designed for beginners (Level 1). However, to cater to a diverse group of trainees, I realize some movements that are more advanced, are included in the program as well. At all times, during the training, if I feel discomfort or pain at any time, I agree to honor my body and either:**
 - Stay in the stage of the asana that is comfortable for me with steady breaths.
 - Gently come out of the posture and continue to breathe deeply and slowly.
- 5. I understand that if I successfully complete all the graduation requirements, then I am eligible to receive a Certification of Completion accredited by Yoga Alliance to register for 50 CE hours.**
 - Being present and mindful in all in-studio hours of training
 - We do not recommend missing any training hours, but we understand that emergencies can happen. It is the responsibility of the individual to get the notes & assignment in order to make up the work.



6. I am fully aware that if I desire to become an Aerial Yoga Teacher certified through FWGYS, I must pass a separate evaluation test. After successfully passing the test, I am eligible to receive a Certification to Teach for Aerial Yoga: Level 1.

- At this time, there isn't a recognized governing authority for Aerial Yoga / Aerial Arts comparable to Yoga Alliance for Yoga. Nevertheless, it's important to highlight that obtaining certification to teach Aerial Yoga from FWGYS ensures global recognition, allowing certified individuals to teach at Aerial Yoga studios worldwide.
- Although I may be certified to teach Aerial Yoga: Level 1, I acknowledge that each Aerial Yoga Studio may have distinct requirements for teaching. Certain studios may necessitate an additional 200 RYT certification, while others might mandate additional Aerial Apprentice Hours.
- I must provide a passport size picture of face & shoulders to be put on the certificate.

BY SIGNING BELOW, I ACKNOWLEDGE THAT I HAVE READ AND FULLY UNDERSTOOD ALL OF THE TERMS OF THIS AGREEMENT AND THAT I AM VOLUNTARILY PARTICIPATING IN AN AYTT PROGRAM PROVIDED BY FWGYS.

Participant Name

Signature

Date