



**Fly With Grace Yoga Studio LLC
FWGYS AYTT TRAINEE AGREEMENT**

Aerial Yoga Teacher Training: Level 1

July 2023

Hosting Location : Moonshine Yoga (Cedar Park, TX)

- 1. I possess a genuine desire to want to learn Aerial Yoga (and realize that by joining in this intensive training program, will also learn about myself and the Self as a by-product).**
- 2. I am fully aware that if I have previous experiences with Aerial Yoga, or if I am certified with a Yoga Instructor Certification, Pilates Certification, Personal Training Certification, Physical Therapist Certification, or if I am certified with other similar certifications from accredited institutes within the health, wellness, and fitness industry, then it is more likely that introducing physical body movements using proper FWGYS technique with an Aerial Hammock (the aerial apparatus that trainees of FWGYS use as a supportive prop, which is a silk fabric that hangs down from a suspension system) will more likely be accessible for me to add into my fitness routine; compared to if I am not certified with a certification from accredited institutes within the health, wellness, and fitness industry.**
- 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 understand that practicing safe progression is a priority when training with the Aerial Hammock. In order to track my progression, I realize that the curriculum of a FWGYS AYTT: Level 1 contains skills with the levels categorized as follows:**
 - Fundamentals
 - Beginner
 - Beginner-Intermediate
 - Intermediate (Introduction to Aerial Yoga: Level 2)
- 5. I fully acknowledge that the level of difficulty of the skills and Aerial Yoga postures in this training are subjectively defined by FWGYS. I recognize that that the curriculum in this training is for Aerial Yoga beginners, however, to cater to a diverse group of beings, I realize some movements that are intermediate & advanced, are included in the curriculum 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:**
 1. Stay in the stage of the asana that is comfortable for me with steady breaths.
 2. Gently come out of the posture and continue to breathe deeply and slowly.
- 6. I understand that if I successfully complete all graduation requirements then I am eligible to receive a Certification of Completion accredited by Yoga Alliance to register for 50 Continuing Education Hours.**



8. I am fully aware that if I desire to become an Aerial Yoga Teacher certified through FWGYS, I must pass a separate evaluation test for an additional \$50. After successfully passing the test, I am eligible to receive a Certification to Teach Aerial Yoga: Level 1.

- A. Presently, there is no accredited governing authority for Aerial Yoga/Aerial Arts like there is Yoga Alliance for Yoga. However, rest assured, being certified to teach Aerial Yoga by FWGYS is recognized world wide to teach at all aerial yoga studios globally.
- B. Although I may be certified to teach Aerial Yoga: Level 1, I realize that all Aerial Yoga Studios have their own requirements to teach. Some studios may require a separate 200 RYT certification or some studios may require extra Aerial Apprentice Hours, which is a continued training program to refine teaching skills by continuing to develop and strengthen the unique style and teaching voice that each human soul has to offer other beings.
- C. I understand that there are unlimited attempts to take the evaluation test, but in order to take the test, an additional fee of \$50 is required.
 - For financial assistance for the test fee, please contact info@flywithgraceyogastudio.com

9. I am fully aware of all FWGYS AYTT policies:

- A. With limited spaces available, there is a non-refundable \$500 deposit to secure my hammock that is due 14 days before the 1st day of training.
- B. Although no human being reserves their place in an AYTT with the intention of cancelling or being absent during training time, there are no cancellations or refunds. Think carefully before investing into the most effective, life-changing Aerial Yoga program that the world has to offer.
- C. Installment Plans are available for Regular Tuition Price (\$2200 plus a few dollars as time increases)
 - I agree to pay the invoice on the 1st Monday of every month starting August 2023 until full payment is successfully received.
 - PLAN A: \$567/month < 3 months >
 - PLAN B: \$284/month < 6 months >
 - PLAN C: \$190 / month <9 months>
 - I understand I cannot receive any Certificate of Completion or Certificate to Teach until full payment is made.

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