

Wednesday, November 11, 2015

## AntiGravity® Aerial Yoga Teacher Training

Company: ANYA

Location: New York , NY

Compensation: Varied based on teaching experience

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ANYA (AntiGravity® Bell Pose)

### AntiGravity® Fundamentals (Aerial Yoga Teacher Training)

The AntiGravity® Aerial Yoga & Fitness Programs are the original Aerial Yoga & Suspension Fitness techniques founded and created by Christopher Harrison. Fundamentals (1&2) are the foundation level courses for all AntiGravity® Aerial Fitness programs. Upon successful completion on this 4-day course, you will have the tools to be able to teach 3 unique classes to students. You will also learn how to care for and rig the Harrison AntiGravity® Hammock. This course will open the doors for you to continue your education in the various AntiGravity® Fitness Programs, in addition to the ANYA Training Programs in Yoga & Pilates.

ANYA offers multiple AntiGravity® courses. As a Registered Yoga School, pursuing a training at ANYA will count as Continuing Education Units through Yoga Alliance.

Each training day is from 10:00am-6:00pm with a midday lunch break.

Tuition: \$1,300

Payment Plans are available.

For more information or to register, contact Program Director, Laura Colon at: [laura@studioanya.com](mailto:laura@studioanya.com)

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