



Welcome to

AERIAL YOGA



— A MASTER GUIDE —

TO

NAVIGATING AERIAL YOGA CERTIFICATIONS,
ANTI-GRAVITY PHYSICS,
AND THE **ADIYOGAM** STANDARD.



CERTIFICATIONS



ANTI-GRAVITY
PHYSICS



ADIYOGAM
STANDARD



TRADITION
MEETS INNOVATION

PRESENTED BY :
ADIYOGAM



New to Aerial Yoga?

9 Things to Look for Before Joining a School



A beginner-friendly guide to help you choose a safe, supportive, and professional aerial yoga training.



1



Is the Setup Safe?

Look for strong anchors, tested equipment, and proper rigging.

2



Step-by-Step Teaching

A good school starts with basics before advanced poses.

3



Understanding the Body

You should learn how aerial yoga supports the spine, joints, muscles, and breath.

4



Personal Attention

Small groups help teachers guide and support you safely.

5



Right Practice Space

Choose a clean studio with proper ceiling height, safe flooring, and enough room.

6



Valid Certification

A recognized certificate matters if you plan to teach professionally.

7



Experienced Teachers

Learn from teachers who understand both yoga and aerial safety.

8



Balanced Training

A strong course includes strength, flexibility, relaxation, and recovery.

9



Support After Training

The best schools continue to guide you even after the course ends.



INNER ALIGNMENT

(TUNING IN BEFORE LOOKING OUT)

True transformation begins with **RADICAL SELF-HONESTY**.
Sit with these inquiries before choosing your path
into the air.



Are you seeking just impressive tricks, or are you ready for the **deep somatic science** of spinal decompression and nervous system regulation?



Are you looking for an **aesthetic fitness upgrade**, or are you craving **the deep vulnerability** of guiding others through fear and trust?



What is the underlying **whisper** calling you to leave the ground and step into an **aerial teacher training** at this moment?



When you land back on earth on graduation day, what kind of **confident, safety-conscious guide** are you ready to share with the world?



SAFE.
Engineered rigging
and expert guidance.



HOLISTIC.
Body, mind and breath
in perfect harmony.



TRANSFORMATIVE.
A practice that evolves
you from within.



BEYOND YOGA.
A journey of freedom,
expansion and connection.

AERIAL YOGA



BENEFITS FOR THE BODY



ZERO-COMPRESSION INVERSIONS

Relieve spinal pressure while improving blood flow and nervous system function.



FUNCTIONAL MUSCLE DEVELOPMENT

Build strength that supports real-life movement, stability and endurance.



MYOFASCIAL RELEASE

Unwind deep tension, improve elasticity and restore natural movement patterns.



JOINT HYDRODYNAMICS

Enhance joint lubrication, mobility and long-term joint health.



VAGAL TONE ACTIVATION

Stimulate the vagus nerve to promote relaxation, recovery and resilience.



“Aerial Yoga isn’t just what you do.
It’s how you *evolve*.”



BENEFITS FOR THE MIND



FORCED PRESENT-MOMENT AWARENESS

Every transition demands focus, bringing you fully into the now.



REWIRING THE FEAR RESPONSE

Safe exposure to height and inversion helps reprogram fear into confidence.



SPATIAL NEUROPLASTICITY

Expand your brain’s mapping and coordination through three-dimensional movement.



DEEP SENSORY GROUNDING

The hammock provides a cocoon that calms the mind and restores inner balance.



PROPRIOCEPTIVE PRESSURE

Gentle compression from the hammock enhances body awareness and mental clarity.



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WHO IS THIS TRAINING MEANT FOR?

Whether you're just beginning your journey or elevating your teaching to new heights, this training is designed for **YOU**.



**FOR CURIOUS BEGINNERS
& DEDICATED PRACTITIONERS**



ACCESSIBLE ENTRY

No prior aerial experience needed.
We meet you where you are.



OVERCOME PHYSICAL LIMITS

Build strength, flexibility and
confidence beyond what you
thought possible.



PROGRESSIVE AUTONOMY

Step-by-step learning pathways
that empower your growth
in the air and on the ground.



**FOR TEACHERS UPGRADING
THEIR PROFESSIONAL EDGE**



EXPAND YOUR REPERTOIRE

Add innovative aerial sequences
that inspire, challenge and
transform your students.



MASTER FLIGHT PHYSICS

Deepen your understanding of
anti-gravity mechanics, anatomy
and intelligent sequencing.



PRO-LEVEL SAFETY & REVENUE

Learn industry-leading safety
standards and how to turn your
aerial skills into a sustainable
and rewarding career.



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THE SCIENCE BEHIND AERIAL YOGA



Ancient wisdom. Modern science. Transforming your body, mind & nervous system.



NEUROPLASTICITY & VESTIBULAR CALIBRATION

Inversions and dynamic suspensions challenge the brain to adapt, build new neural pathways and improve balance, coordination and focus.



SPATIAL RE-MAPPING

Moving in 3D space re-maps your internal GPS, enhancing body awareness, spatial intelligence and agility.



COGNITIVE GAINS

Improved concentration, memory and problem-solving through novel movement, sensory integration and mind-body connection.



MULTI-DIMENSIONAL MOVEMENT

Freedom through the hammock unlocks new ranges of motion, strengthens stabilizing muscles and improves functional mobility.



VAGAL ACTIVATION

Gentle inversions and rhythmic swinging stimulate the vagus nerve, promoting relaxation, emotional regulation and nervous system balance.



DEEP RECOVERY

Trapeze-supported poses decompress the spine, reduce stress and restore the body, leaving you refreshed and deeply rejuvenated.



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CERTIFICATION FRAMEWORK

• A PATH. A PROGRESSION. A PURPOSE. •

Structured learning that elevates
your *practice*, your *teaching*, and your *impact*.



SAFE

Learn with
structure and
best practices.



HOLISTIC

Body, mind
and breath in
perfect harmony.



PROGRESSIVE

Level up with
clarity, confidence
and competence.



TRANSFORMATIVE

A journey that
evolves you
from within.

“ From *foundation* to mastery,
every level builds not just skills,
but a *stronger, wiser you*. ”



CLARITY

Clear objectives
at every step.



CONFIDENCE

Build mastery
that shows.



COMPETENCE

Teach with knowledge,
integrity & skill.



IMPACT

Inspire lives
through your teaching.

3 LEVELS.

TRANSFORMATIVE JOURNEY.

LEVEL

1



FOUNDATIONS

BUILD YOUR BASE



Focuses on basic flows
and foundations.



Develop strength, alignment
and aerial confidence.

LEVEL

2



INTERMEDIATE

EXPAND & ELEVATE



Dynamic sequences &
creative transitions.



Introduction to
flips, drops and flow.

LEVEL

3



THERAPEUTIC

TEACH • HEAL • LEAD



Focuses on professional
longevity.



Therapeutic applications,
sequencing & client care.

HOW A DAY LOOKS AT ADIYOGAM

•↻• A balanced rhythm of movement, learning, nourishment, rest, and inner transformation •↻•

	● 07:15 – 08:45	Aerial Flow Yoga (Masterclass)
	● 09:00 – 10:00	Healthy Breakfast
	● 10:30 – 11:45	Aerial Functional Anatomy
	● 12:00 – 13:15	Intro to Aerials / Skills & Transitions
	● 13:30 – 15:00	Healthy Lunch / Rest
	● 15:30 – 17:00	Aerial Teaching Lab
	● 17:30 – 18:00	Tea Break
	● 18:00 – 19:15	Hatha Flow (Mat-Based Grounding Practice)
	● 19:30 – 20:30	Dinner
	● 21:30	Lights Off / Silent Rest



PRACTICE
Move. Flow. Elevate.



LEARNING
Understand. Grow.



NOURISHMENT
Fuel. Nourish. Thrive.



REST
Pause. Restore. Integrate.



EXTRA EXCURSIONS & SPECIAL EXPERIENCES



Beach Practice



Sound Healing



Ice Plunge



Mudgar Practice



Acro Aerial



Aerial Performance


ADIYOGAM
ELEVATE. EDUCATE. TRANSFORM.



Voices of the SANGHA

WHAT OUR ALUMNI SAY

100+ 5-STAR RATINGS
ACROSS 60+ COUNTRIES

100+
★★★★★
5 STAR RATINGS
— ACROSS —
60+
COUNTRIES



★★★★★
Cynthia Shetty
Dubai 🇦🇪

“

I just finished my 7-day Aerial Yoga TTC in Adiyogam. It was a transformational experience.

I gained knowledge and techniques that will help in my classes. Bharat Sir's teaching was clear and concise. I felt safe, grounded, and supported by the Adiyogam team throughout my stay and training. I wished I could stay longer to learn more.

”



★★★★★
Petra Pennati
Spain 🇪🇸

“

Fantastic experience! I just completed the aerial yoga course and highly recommend it. The course was very well organized, Bharat is an excellent teacher, and safety was always a priority. The training balanced practice and theory well, the group energy was wonderful, and the food was excellent. A truly memorable week.

”



EXPERT TEACHERS
WORLD-CLASS TRAINING



SATTVIC FOOD
NOURISHING & DELICIOUS



SMALL BATCHES
PERSONAL ATTENTION



HOLISTIC EXPERIENCE
BODY • MIND • SOUL



GLOBAL COMMUNITY
60+ COUNTRIES

Voices of the Sangha:

What Our Alumni Say



“Saloni
India



An absolutely amazing experience! The aerial yoga course exceeded all my expectations. The teachers were highly skilled, knowledgeable, and genuinely encouraging. Their smart techniques and clear cues made even challenging inversions feel accessible and safe. I left feeling refreshed, stronger, and more confident. I highly recommend training with Bharat Sir and his team.

“Monisha
UK



I came with my mother and found a peaceful, well-equipped space with thoughtful teaching for different abilities. The 50-hour aerial yoga TTC was beautifully structured, with strong teaching, wholesome meals, and memorable experiences like mudgar on the beach, ice bath, and sound healing. The serenity and community made it truly special. I would highly recommend Adiyogam.

“Alejandro Ruiz Salces
Netherlands



Great experience and so much learning from dedicated professionals. Small batches meant more attention to detail. Clean facilities, sattvic food, Kirtan, Kriyas, Yoga Nidra, sound healing, ice plunge — a full yogic experience. Bharat's attention to detail and experiential wisdom made it deep and life-changing.

“Tsvetanka Apostolov
USA



The ultimate aerial yoga teacher training experience in paradise! The 7-day intensive was perfectly structured with strong practices, anatomy, healthy food, and just enough time to explore. Bharat is a master—kind, patient, and inspiring. I left more skilled, confident, and deeply inspired.



COMMUNITY



TRANSFORMATION



CONFIDENCE



AUTHENTIC EXPERIENCE