

## Aerial Yoga Teacher Training/

### Workshop 2025

October 10. - 12. 2025

Friday 5:30pm-8:30pm

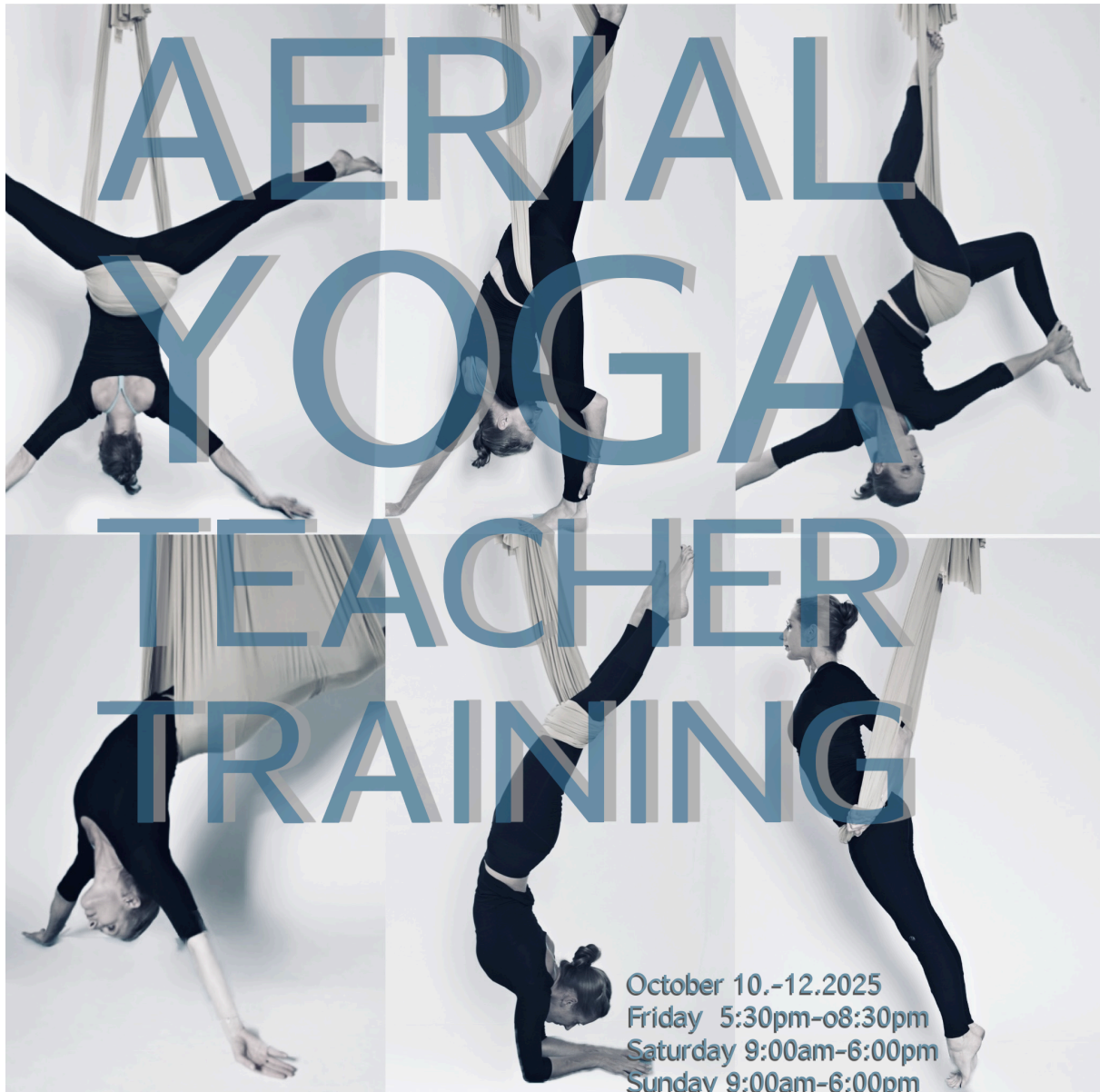
Saturday 9:00am-6:00pm

Sunday 9:00am-6:00pm

U\$ 495.00

At the most traditional Yoga space in town

The YOGA CENTER OF STUART



This training draws inspiration from Hatha, Yin and Vinyasa yoga styles.

It will guide you through a safe practice with emphasis on alignment, strength and flexibility. This training includes 25 teaching units of 45 minutes and is designed to equip you with the foundation of knowledge, techniques and skills in aerial yoga. There will be anatomy lessons, homework and, upon completion, a certification. Space is limited; this workshop is limited to 12 participants.

[Register here](#)

<https://stuart.yoga/workshops>

## **YiN Yoga Teacher Training/ Workshop 2025**

<b>Friday</b>	<b>5:30pm-8:30pm</b>
<b>Saturday</b>	<b>9:00am-6:00pm</b>
<b>Sunday</b>	<b>9:00am-6:00pm</b>

**Level 1 postponed. New dates are going tba soon U\$ 405.00**

**Level 2 postponed. New dates are going tba soon U\$ 360.00**

**At the beautiful Om Shack, Port Salerno - Florida**



#### **Level1:**

Enhance your yoga teaching skills and deepen your practice with our 25 hrs Yin Yoga Teacher Training Level 1. This training program provides a thorough understanding of yin yoga principles, including practice, anatomy, philosophy, and sequencing. Learn to create inclusive and adaptive classes using props, counter poses, modifications, and receive a certificate upon completion.

#### **Level 2:**

Advance your yoga practice and teaching skills with our Level 2 Yin Yoga training. Explore new postures, develop expertise in counter poses, and learn sequencing techniques for Yin Yoga at the wall. Receive a certificate and yoga manual upon completion.

**Each module includes 25 teaching units (1 unit = 45 min.)**

**Fr. 5:30pm - 8:30pm**

**Sat. 9:00am - 6:00pm**

**Sun: 9:00am - 6:00pm**

**For further information & registration:**

**<https://www.omshack.com/workshops-trainings>**

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## **YIN / RESTORATIVE YOGA WORKSHOP FOR SPINAL WELLBEING**

**Saturday, March 29. from 11:00am - 1pm**

**\$ 40.00**

**For all Levels with Sylvia**

**This is a journey through the spine followed by a guided Yoga Nidra meditation practice.**

**Here you can learn how to let go of hidden stress by releasing tightness of deeper layers of connective tissues, remove blockages of the spine and stimulate meridians for balancing the body's internal organs and systems.**

- **calming and balancing body & mind**
- **improving spinal flexibility**
- **reducing stress, pain and anxiety**
- **releasing the fascia**
- **mobilizing the joints**
- **improving the prana / chi flow**
- **stimulating the body meridians**

**This Yoga sequence is a perfect balance to our Yang-orientated and fast paced life style.**

**We're practicing seated & laying poses on the floor, supported with props & individual modifications.**

**Yin Yoga targets the connective tissues such as ligaments, tendons, fascia, bones and the joints of the body.**

**Restorative Yoga is to release mind-body tension and bringing the nervous system into a state of healing.**

**(Yin poses held 2-5 minutes , restorative poses 8-10 minutes)**

**Yoga Nidra is a type of meditation to burnout stress & anxiety. By fully relaxing the physical body in a comfortable laying position, the body and mind comes to a deeply relaxed state with the intention of staying awake.**

**Enjoy your practice**

**Saturday Jan.18.2025 11am-1pm. at the Yoga Center of Stuart  
Post Covid & Spinal well-being Workshop**

Many people struggle with long-term effects after their COVID-19 infection. A scientific study based on millions of those affected, shows how widespread the phenomenon of these long-term effects are. Despite a mild course, a majority of patients have developed Long COVID symptoms. Even after several months, there are still symptoms that can be very stressful.

- Difficulty breathing
- Headache
- Attention deficits
- Loss of taste and smell
- States of exhaustion

The WHO estimates that three months after an illness, around one in ten people still suffer from restrictions.

Which organs are affected by Covid?

- Nervous system
- Heart
- kidneys
- Liver
- Colon
- Blood vessels (possible consequential damage: blood clots that can travel to the lungs, heart or brain)

In view of these deficits, a yoga sequence was put together that I would like to share with you to bring the synovial fluids of the spine back into a blockage-free flow after a COVID infection.

Experience has shown that this sequence also helps with spinal imbalances, increasing mobility and alleviating pain.

### **06.- 08. September 2024 Privates Yoga Retreat auf der Insel Sylt -**

Yoga, Meditation und mehr /Meer, Natur pur, Wellness, individuelles Itinerary...

Ein luxuriöses Yoga Erlebnis mit allen Annehmlichkeiten, die Sylt zu bieten hat.

Anreise per Flug, Unterbringung in 5 Sterne Accommodation, Kulinarische Highlights u.v.m.

Zwei Yoga Einheiten täglich (morgens und spät nachmittags)

is sold out :)

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### **14.September 2024 Aerial Yoga Workshop**

2 Stunden Aerial Yoga von und mit Sylvia Stuck yogAveo

Hier praktizieren wir traditionelle Yoga Asanas schwerelos im Tuch.

Nach kurzer Einführung für Einsteiger u. Fortgeschrittene Aerial Yogis/Yoginis erwarten uns folgende Themen und viel Spaß:

- Vom Hatha-intro spielerisch zum Vinyasa Flow
- Kräftigung, Mobilisierung und Entlastung der Wirbelsäule
- Durchblutung und Anregung der Funktionen des gesamten Organismus
- Stressreduktion und Entspannung durch schwerelose Umkehrhaltungen
- Savasana im Tuch: meditative Entspannungsphase fuer Körper und Geist.

14. September 2024

12:30 - 14:30 Uhr

Alle Level (Yoga Kenntnisse sind von Vorteil)

Anmeldung unter [Aerial Yoga Workshop mit Sylvie](#)