

Immerse Yourself in a Transformative 50-Hour AcroYoga Teacher Training


Enhance your AcroYoga practice in the serene landscapes of Bali. Master fundamentals, refine technique, and build strength in a supportive community dedicated to personal and collective growth.

Bali - Greece

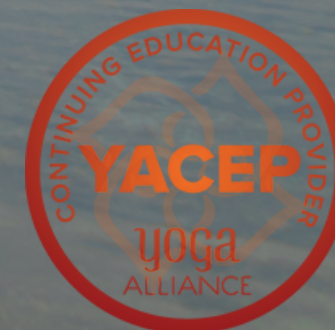
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Meet Hayden

With over a decade of experience in Acroyoga, Hayden has shared this practice with tens of thousands of students in classes, workshops, and trainings — in Bali and around the world. Their teaching style is a unique blend of precision, playfulness, and connection, always returning to the heart of the practice: Trust, courage, and cooperation.

Since 2016, Hayden has led yoga trainings, bringing a deep, embodied understanding of the practice to their students. With a background in traditional yoga, martial arts, parkour, and bodywork, Hayden approaches Acroyoga as a natural extension of a personal practice—one that uplifts others and builds meaningful relationships through communication, courage, and shared experience.

Hayden is a 500-hour E-RYT certified teacher with specialized training in Acroyoga, aerial yoga, and Thai yoga massage. And a basis of Hatha/Vinyasa, Yin and Restorative. Based at The Yogabarn in Ubud Bali, Hayden also travels worldwide to learn and share, continually evolving their approach while staying rooted in the core values of yoga. He aims to help each individual to find joy in their own strengths and voice.

Meet Pixie

Pixie is an experienced acroyoga & yoga teacher with a lifelong background in movement. Her journey began with studio dance during childhood and evolved into an accomplished cheerleading career—earning her national champion titles for partner stunting and world champion honors for all girl stunting and is 200-hour eRYT certified. Along with training & performing in circus aerial silks and fire, these diverse experiences enrich her dynamic teaching approach.

Drawn to Acroyoga for its blend of acrobatics and community, she has dedicated herself to learning and sharing all aspects of the practice. She has taught Acroyoga to over 10,000 students and also specializes in acro dance lifts, aerial yoga, yin, vinyasa, and flexibility training, currently sharing her passion at the world-renowned studio The Yoga Barn in Ubud, Bali.

Her teaching style is both technical and playful, with a strong emphasis on alignment, safety, and connection. She believes Acroyoga is a powerful tool for building confidence, trust, and strength, while also inspiring deep belly laughs and meaningful connections. Her goal is to empower students to practice safely, foster personal growth, and experience the joy of movement together.





WHAT IS ACRO?

Acroyoga is the blend of the harmony of yoga, the strength of acrobatics, and the healing of human connection. We will defy gravity in acrobatic asana and handstands, and embody connection and X with a focus on postural alignment, safety and spotting, teamwork and play!

Acroyoga is a playful, connecting yoga practice that will expand your idea of the possible while building trust in community and your own strength. It incorporates acrobatic principles of integrity, and the sensitivity of Thai massage. It's a practice of communication, trust, and alignment

WHO IS THIS TRAINING FOR?

- ✓ **Yoga Teachers** – Ready to expand your offerings? This training will prepare you to confidently teach beginner AcroYoga classes and integrate Acro elements into your yoga style.
- ✓ **AcroYoga Beginners** – Not looking to teach? No problem! This intensive provides a solid foundation in all three AcroYoga roles—basing, flying, and spotting—while deepening your personal practice.
- ✓ **Handstand Enthusiasts** – No matter your background, you'll leave with a stronger handstand practice, developing the strength, control, and body awareness needed for inversion progress.
- ✓ **Movement Lovers & Community Builders** – Whether you've already tasted the upside-down world or you're brand new, this course will help you bridge the gap between inspiration and mastery—so you can share AcroYoga confidently with your partner, community, or students.



THE COURSE

Led by experienced AcroYoga teachers Hayden and Pixie, this 50-hour training is a deep dive into the art of AcroYoga—melding movement, connection, and mindful communication. With a combined background spanning over two decades of teaching yoga and AcroYoga worldwide, they bring a dynamic blend of technical precision, playfulness, and embodied wisdom to every session.

This intensive course is designed to build confidence, refine technique, and prepare you to share AcroYoga safely and effectively. Whether you're an aspiring teacher or a dedicated practitioner, you'll gain the tools to excel in all three essential roles—basing, flying, and spotting—while developing a strong handstand and inversion practice.

What you'll learn:

- ✓ AcroYoga Principles – The foundations of basing, flying, spotting, and effective weight-sharing
- ✓ Handstands & Inversions – Strength, alignment, and progressive drills to build a solid inversion practice
- ✓ Teaching Methodology – Progressions, cueing, class sequencing, and adapting for different skill levels
- ✓ Weight Sharing & Transitions – Static poses, dynamic flows, and creative movement sequences
- ✓ Therapeutic Practices – Thai yoga massage, partner yoga, and restorative flying
- ✓ Communication & Consent – Acrobatic principles, partner trust, and productive communication skills
- ✓ Applied Anatomy & Theory – Understanding biomechanics for safe and efficient movement

Through hands-on practice, structured progressions, and dedicated teaching labs, you'll gain the confidence to lead beginner AcroYoga classes or integrate Acro elements into your existing yoga practice. More than just a training, this experience is an opportunity to connect, grow, and play—while learning to uplift and support others in movement.



Course Snapshot:

Group Sizes: 12 - 25 Students

Yoga Style: AcroYoga

Course Length: 6 Days

Skill level: All Levels

Certifications: YACEP by Yoga Alliance

Location: Ubud, Bali

What's Included?

Meals & Accommodation

Tuition fees

Course material

Yoga Alliance diploma

WHAT TO EXPECT

Experience 5 days of immersive AcroYoga training, designed to build confidence, refine technique, and develop your ability to teach safely and effectively.

Each morning begins with an energizing asana and inversion practice, focusing on strength, mobility, and alignment. This is followed by an in-depth exploration of AcroYoga principles, including basing, flying, and spotting, emphasizing technique and efficiency.

Midday sessions dive into hands-on practice, where you'll refine your skills through weight-sharing drills, static poses, transitions, and flows. You'll also explore acrobatic principles, productive communication techniques, and consent—essential elements for creating a supportive and engaging learning environment.

Afternoons shift towards teaching methodology, where you'll gain experience in leading progressions, giving clear cues, and adjusting for different skill levels. These sessions will prepare you to guide students safely and confidently in AcroYoga classes.

Evening classes focus on therapeutic practices, including Thai massage, partner yoga, and myofascial release. These restorative techniques balance the intensity of acrobatics, helping you integrate movement with connection and recovery.

From day one, you'll engage in teaching practice, allowing you to see skills from all angles—deepening your understanding of the practice as both a student and a teacher. By the end of the training, you'll feel confident leading beginner AcroYoga classes or incorporating Acro elements into your existing yoga offerings.



ACRO
PIXIE





DAILY SCHEDULE EXAMPLE

07:30-9:00	ASANA & INVERSIONS
6.30-8:30	BREAKFAST
8:30-09:00	PRINCIPLES & PRACTICE
10:30-12:30	BASING & FLYING
14:30-16:00	LUNCH
16:30-18:00	TEACHING PRACTICE
18.00-18:30	THERAPUTICS

HYGIENE PRACTISES

- The safety of our students is our top priority and we continuously follow all up-to-date safety protocols, as well as local authorities requirements.

A few important things to note:

- In adherence to safety regulations, although we provide yoga mats and props for use during the training, students are advised to bring their own yoga mat towel.
- High hygiene standards
- We are doing all we can to make sure that we will greet you with health and happiness!



REQUIREMENTS

- ✓ **No Experience Necessary** – While familiarity with AcroYoga or other movement practices can help you focus on the teaching and transformational aspects of this training, no prior experience is required. Come as you are, and we'll guide you through the journey!
- ✓ **No Partner Needed** – You do not need to bring a partner. We'll work together as a group, rotating through roles to ensure everyone has the chance to base, fly, and spot.
- ✓ **English Language** – We welcome students from all nationalities and backgrounds! Our lessons are delivered in clear and accessible English—no overcomplicated jargon. A conversational level of English is required, as all classes are taught in English.
- ✓ **Full Attendance Required** – To get the most out of this experience and receive your certification, attendance at all classes and lectures is required.





UBUD, BALI

Nestled in the heart of Bali, Ubud stands as a captivating hub of cultural richness and natural splendor. This serene town is a haven for those seeking an authentic and enriching experience. Known for its lush landscapes, traditional arts, and vibrant spirituality, Ubud beckons travelers from across the globe to immerse themselves in its tranquil ambiance.

Surrounded by terraced rice fields, dense rainforests, and sacred temples, Ubud offers a sanctuary for introspection and exploration. It has evolved into a thriving center for wellness and holistic living, where ancient traditions harmoniously blend with modern pursuits. Whether indulging in Balinese cuisine, discovering local craftsmanship, or partaking in yoga amidst the captivating scenery, Ubud promises an enchanting escape that rejuvenates the mind, body, and soul.

YOGIC DIET

At YogaUnionBali, we prioritize optimal nutrition for our valued participants, forging a partnership with a local restaurant in Ubud. Rooted in the principles of holistic well-being, our students will embrace a nourishing yogic diet, centered around vibrant and wholesome plant-based vegetarian cuisine.

Our local restaurant in Ubud is home to a team of skilled Health Food Chefs, dedicated to curating an unforgettable culinary journey during your stay. Drawing inspiration from Bali's finest offerings, they skillfully blend local, organic ingredients, vibrant tropical fruits, and nutrient-rich superfoods. This culinary fusion seamlessly marries the essence of the Balinese diet with the principles of the Yogic diet, resulting in a symphony of flavors that embody Ubud's unique essence. Prepare to embark on a gastronomic adventure that will linger in your memory and beckon you back to Ubud time and again.





THE RICE FIELDS

We highly recommend this location to those who want to experience authentic Ubudian lifestyle.

Our shala, your accommodation and the restaurant are located in the luscious rice fields, where you can really enjoy the peaceful surroundings whilst being at one with nature. Our location is not accessible by cars, therefore feet, bicycles and motorbikes are only welcome.

*** Please note we work with multiple local homestays and allocate rooms on a first come first basis, all are of a similar standard.

PRICING:

€1150 Two-bed shared room

€1350 Private room

** Prices are listed in Euros (€). All taxes according to Indonesian regulations, are included. Flight tickets, transportation and extra activities are not included however, can be arranged via our preferred suppliers.

In order to secure your place we require the below deposit:

€258

The deposit is non-refundable; however, it remains fully transferable for use towards any future training with YogaUnionBali.







Prices

50h - 7days - Ubud Bali

No Accommodation	€670
Double Room	from { €790 €890 €950
Private Room	
Deluxe Room	

** Prices are listed in Euros (€) & IDR. All taxes according to Indonesian regulations, are included. Flight tickets, transportation and extra activities are not included however, transportation from the airport to the shalas can be arranged via our preferred suppliers.

In order to secure your place we require the below deposit:

€200 - No accomodation or shared double room

€300 - Private room

€350 - Deluxe room

The deposit is non-refundable; however, it remains fully transferable for use towards any future training with YogaUnion Bali.



HOW TO BOOK YOUR SPOT

*Please transfer your deposit amount through online banking to one of the accounts, you will find in the **separate attachment** or here:*

***IMPORTANT:** At the reference, please make sure that you will write “Your Name”.*

Please note that this is a Euro account. If you are paying from another currency, the payment should automatically convert to Euros based on the current exchange rate.

Kindly send us the receipt afterwards to training@yogaunionbali.com

Revolut Account receiving Euros (€) only:

Beneficiary / Recipient: Yoga-Eight Ltd.

BIC / Swift Code: REVOLT21

Account IBAN: LT04 3250 0427 7785 0881

Address: Suite 1 Sterling Building,
Enrico Mizzi Street Post Code: XBX 1453

City: Ta' Xbix, Lithuania

**Click here to automatically open the
Revolut page and book your training
now!**



Refund Policy

At YogaUnion Bali, we are committed to ensuring transparency in our policies while supporting the planning of your yoga journey. Below is our refund policy:

1. Deposit Payments

- All deposits are non-refundable.
- However, deposits are fully transferable and can be applied to any future training with YogaUnion Bali.

2. Remaining Balance

- The remaining balance, once paid, is also non-refundable. This is due to advance payments made for accommodation, teacher arrangements, and meal preparation.

3. Rescheduling Policy

- If you are unable to attend your scheduled training, your deposit and remaining balance can be transferred to a different training date or program. There is no time limit for rescheduling, allowing you the flexibility to choose a future training that suits your plans.
- Requests for rescheduling must be made in writing and are subject to availability.

We understand that plans may change, and we are happy to help you find a solution that works best for you. For any questions or clarifications, please don't hesitate to contact us.



Our Curriculum in more detail:



Handstands & Inversions

- Strength, mobility, and alignment for inversion
- Techniques for entries, line, and hold times
- Skill progressions and regressions for all-levels
- Best practices for spotting and assisting safely
- Overcoming fear and building confidence

Basing & Flying

- Core techniques for stable basing and graceful flying
- Balance, control, and weight distribution
- Finding efficiency through body alignments
- Transitions between static postures
- Acroyoga flows and washing machine





Spotting & Safety

- How to be an effective engaged spotter
- Reading and responding to your partners' needs
- Hands-on spotting techniques for different skills
- Preventing and addressing falls safely
- Creating a culture of trust and support

Communication & Connection

- Verbal and nonverbal communication in AcroYoga
- Giving and receiving feedback effectively
- Consent and boundaries in physical practice
- Building trust through embodied practices
- Group dynamics and cultivating an Inclusive space





Teaching Methodology & Class Management

- How to structure an AcroYoga class
- Progressions and regressions for different levels
- Effective cueing and clear instruction
- Holding space and keeping students engaged
- Adapting to different learning styles

Theory & Principles

- Roles in AcroYoga: base, flyer, and spotter
- Powerlines, tension, and integrity in movement
- The interplay of strength, flexibility, and balance
- The different styles of acrobatic grips
- Weight sharing & counterbalances



A close-up photograph of a person's hand resting on another person's arm. The hand is wearing a colorful, multi-strand braided bracelet. The background is blurred, showing a person's legs and feet in a light-colored setting.

Therapeutic Practices & Recovery

- Foundational thai massage techniques
- Partner yoga for connection & relaxation
- Myofascial release for pre-hab & recovery
- Therapeutic flying for decompression

Embodying the Role of a Teacher

- Finding your unique teaching voice and style
- Confidence in leading individuals and groups
- Managing energy, group dynamics, and challenges
- The journey from practitioner to teacher



COMPLETION

By the end of the training, you'll be ready to co-teach a short AcroYoga class, applying the skills and techniques you've developed throughout the week. You'll also submit a written class plan, demonstrating your ability to structure a safe and engaging AcroYoga session.

Certification:

Graduates who successfully complete the course will receive an internationally recognized certification from Yoga Union, registered with Yoga Alliance.

This training is just the beginning of your AcroYoga journey. Completing the course will provide you with a strong foundation in the practice, empowering you to confidently share AcroYoga with your friends, students, and community. Along the way, you'll build strength, embody trust, and refine your communication skills, both on and off the mat.

AcroYoga is more than just a practice—it's a community that lifts each other up. Throughout this journey, you'll form bonds that go beyond friendship, leaving with lasting connections, deepened knowledge, and unforgettable experiences.

We can't wait to welcome you into this incredible community!

— Hayden & Pixie



We are not just a teaching course, we are a community, helping and supporting each other throughout this profound journey.

You will form deep bonds that transcend friendship and leave with the knowledge and a union for life.

We can't wait for you to become part of our yoga family

The YogaUnionBali Family

Bali - Greece

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