



EDUCATIONAL PROPOSAL

FLY HIGH, **DEFY** GRAVITY & HAVE **FUN**

This is FlyHighYoga™

THE NEW YOGA EXPERIENCE AROUND THE WORLD



FlyHighYoga™ is a fun, unique and popular style of yoga, which allows students to experience yoga postures in way they never have before. The practice is done using a top quality FlyHighYoga™ Hanging Belt, which is suspended from the ceiling. The belt is used in hundreds of different ways and FlyHighYoga™ can be done by anyone whether they are beginners or higher-level yoga practitioners. Everyone will enjoy the class and at the same time feel challenged.



FlyHighYoga™ is a versatile practice that compliments any existing yoga asana practice. FlyHighYoga™ is unique because there is a significant amount of creativity as well as many exclusive benefits involved. It can be a very dynamic or a very restorative yoga practice, which can be practiced alone or with a partner.

The benefits of practice

1. Decompress The Spine

To decompress the spine, the belt is placed on the body in particular spots which brings the spine to its natural curves, creates better alignment overall and teaches the body to maintain this with continued practice.

2. Create Strength

Yoga postures like handstand, forearm stand, plank and scorpion can be done with less pressure on the hands/arms so you learn to engage specific muscles to eventually find the grace and stability to do them in the middle of the room.

3. Defy Gravity

Using the FlyHighYoga™ Hanging Belt, yogis can stay in inversions for longer time periods because the pelvis is fully supported when hanging upside down. Inversions that are not usually accessible to beginners can be done more easily with the belt.

Yogis call headstand (Sirsasana) the king of all postures for a reason. Inverting assists the body to function

more effectively and benefits every system of the body including the nervous system, the endocrine system and the lymphatic system. It floods the organs of the body with fresh oxygenated blood and it rehydrates the intervertebral discs. Together these aspects have anti-aging properties giving us a more youthful and vital body.

4. Advance Your Practice

Besides inversions, FlyHighYoga™ can be used as a tool to explore many other advanced yoga postures, which for many yogis are very hard with only a yoga mat. Feedback from FlyHighYoga™ practitioners often mentions that the splits (hanomanasan) is much easier with the FHY belt.

5. Increase Flexibility

Specific techniques are taught using the FlyHighYoga™ Hanging Belt to increase the flexibility of the body.

FlyHighYoga Teacher Training

35 HOURS COURSE



FlyHighYoga™ is spreading throughout the world and expanding at an unbelievable rate. Our latest TT at the end of August in Bali was a phenomenal success! Jose and Acacia trained 30 teachers who are now ready to practice and teach FlyHighYoga™ with the students in their home countries. We had teachers from all over the planet including Indonesia, New Zealand, America, Korea, China, Australia, Chile, Spain, and Italy!

FlyHighYoga™ is popular because it's fun, intriguing and unique. It's can be done by anyone whether they are a beginner or advanced yoga practitioner. Everyone will enjoy the class and at the same time feel challenged. FlyHighYoga™ is a versatile practice that compliments any existing yoga asana practice. There is a significant amount of creativity as well as many unique benefits involved in FlyHighYoga™. It can be a very dynamic or a very restorative yoga practice which can be practiced alone or with a partner.

BENEFITS OF TEACHING FLYHIGHYOGA

1. Enrich the physical Yoga benefits through adding the help of gravity
2. Accumulate CUE (Continue Education Units) with Yoga Alliance.
3. Complementary practice to any other type of Yoga
4. Possibility of teaching FlyHighYoga Workshops
5. Possibility of teaching Teacher Trainings in any place of the world.
6. Offer a new and attractive practice to Yoga studios
7. Additional income through selling FlyHighYoga products

TEACHER TRAINING SYLLABUS

1. Introduction fo FlyHighYoga
2. Meditation & Pranayama
3. FlyHighYoga group practice
4. Theory, Anatomy & Philosophy
5. Postures
6. Practice teaching
7. Teaching methodology and practicum
8. How I can start teaching FlyHighYoga
9. How I can offer FlyHighYoga to Yoga studios
10. How I can make extra money by selling FlyHighYoga products



FlyHighYoga™ Workshop (16 hours)

INMERSION FOR 2.5 DAYS



This intensive immersion will take practitioners through the most fundamental aspects of FlyHighYoga™. We will cover yoga belt safety, supported yoga postures including, inversions, back bends, forward bends, hip openers, shoulder stabilizers and experience linking the postures together. Through the support of the belt we create a smooth practice and better alignment, which develops a deeper connection with our Self - mind, body and spirit.

To further increase the connection we will explore partner work using the belt. This is a great way to deepen your practice and learn to cooperate and communicate with other yogis.

FlyHighYoga™ realigns the spine and opens the heart, which will increase your vitality so you leave the workshop feeling energized, powerful and inspired!

Let's Fly High, Defy Gravity and Have Fun!

FlyHighYoga™ Educational Team

Jose Jiménez • Founder & Official Teacher

Jose Luis Jimenez is the founder of FlyHighYoga™. He combines the alignment of Iyengar yoga with his original invention, the FlyHighYoga™ Hanging Belt and brought the world a brand new way of practicing yoga!

He teaches with integrity. Originally trained in Tai Chi and Iyengar yoga, Jose is knowledgeable about the body and its movement. He strives to spread awareness of the importance of spinal decompression and alignment to relieve stress, treat injuries and improve any physical practice. He never lets his students sacrifice the alignment for going deeper in the positions.



He teaches with humor. Always makes students laugh and creates a enjoyable and relaxing learning environment.

He teaches with an open mind. During 5 years of living in India, he opened his own yoga studio, deepened in his spiritual practice. Afterwards, Jose has also explored many different yoga styles all around the world. He started with a traditional and ancient outlook which grew to a modern and innovative view of yoga.

He teaches with humbleness. He sees teaching as a service, to help people discover the knowledge of the physical body and the workings of the mind. Practitioners who have taken his classes describe them as fun, challenging, and spiritually uplifting.

Acacia Jade - Educational Manager

Yoga practitioner, teacher, dancer, surfer and teacher training junkie, Acacia has a passion for sharing yoga with the world. Inspiring her to overcome low self esteem and unhealthy relationships, yoga is the thing that saved her life. Using a unique mix of music, breath, movement and meditation, Acacia takes what she has learnt from yoga and yogic philosophy and weaves it into powerful and grounding yoga asana classes. Having trained with great teachers including Baron Baptiste

(Baptiste Yoga), Edward Clarke (Tripsichore Yoga), Alanna Kaivalya (Jivamukti), Daniel Aaron (Radiantly Alive Vinyasa), and Christine Lee (Anusara - Bodhi Tree Canada).

As an international teacher and teacher trainer she has coached, trained and supported more than 250+ yogis from all over the world.



FlyHighYoga™ Hanging Belt

- ◆ The package is small, light and easy to carry to everywhere. It is perfect for travel.

- ◆ Easy to install so it can be used in many different places, for example, in the yoga studio, the gym, the park, anywhere. It can be installed on a chin up or a tree in the garden.



- ◆ It's easy to adjust the hanging belts. To change the height of belt takes a few seconds. You can adjust to your eye level or hip level to achieve different postures.

- ◆ Beginner friendly. Compared to the hammock there is less technique required to do yoga postures with the belt.

- ◆ The belt is more accurate. It is easy to place on specific parts of the body creating better overall alignment.

- ◆ Unlike the hammock the belt has padding which does not cause the edge of the belt to cut the skin.

- ◆ Belt is flat, when people use it properly the fabric will not twist and cause discomfort on the body.

- ◆ Washable. The belt can be easily and quickly removed. It can be washed by hand or in a washing machine. You can have a fresh (not sweaty!) belt all the time, which is more hygienic.

- ◆ There are 12 different colors to choose from so you can get a belt to match every outfit.