

2012 Cloud Nine Yoga at AKASHA YOGA
Advanced Training Schedule

JAN/FEB 2012: 39 hours

FOUNDATIONS: Ayurveda, Anatomy + Kundalini Yoga

Required Reading: Perfect Health by Deepak Chopra, MD

- JAN 26 (7 -10 pm): Introductions, Orientation
* Read Chapters 1 – 3 (Chopra)
- JAN 28 (12 – 8 pm): Ayurveda Intro & Ayur Yoga Practice
* Read Chapters 4 – 6 (Chopra)
- FEB 2 (7 – 10 pm): Kundalini Yoga Intro & Practice
* Coloring Book: Anatomy Pages
- FEB 9 (7 – 10 pm): Anatomy of Yoga: A Review for Teachers (JENN)
* Read Chapters 7 – 9 (Chopra)
- FEB 11 (12 – 8 pm): Going Deeper: Ayurveda & Kundalini Yoga
Possible guest teachers ANNA HOLDEN & KARTA SINGH
* Coloring Book: Anatomy Pages
- FEB 16 (7 – 10 pm): Anatomy of Disease & Injury + Modifying Poses (JENN)
* Read Chapters 10 – EPILOGUE (Chopra)
- FEB 23 (7 – 10 pm): THE POWER OF TEACHING
* FINISH ALL READING, UPDATE LOG & READY FOR ANATOMY CHECK
- FEB 25 (12 – 8 pm): Overview of Core Sequencing Anatomy + Practice
* Listen to Walker CD Lecture 1a

MARCH 2012: 68 hours (with Retreat)

THE CENTRAL CHANNEL: Core Sequencing, The Chakras + Our Voice

Required Listening: Radical Transformation by Julian Walker (8 CD Set)

- MAR 1 (7 – 10 pm): Practice Together (1b CD), Discuss: Root & Sacral Chakras
* Listen to Walker CD Lecture 2a
- MAR 8 (7 – 10 pm): Practice Together (2b CD), Discuss: Solar & Heart Chakras
* Listen to Walker CD Lecture 3a
- MAR 10 (12 – 8 pm) Practice Together (3b CD), Discuss Throat + 3rd Eye),
Sanskrit Review, SING! (**SUNDARAM & HILARY: 5 – 8pm**)
* Listen to Walker CD Lecture 4a
- MAR 15 (7 – 10pm): Practice Together (4b CD), Discuss: Crown Chakra
* Make a CD for each person in the group with your favorite chants
- MAR 22 (7 – 10 pm): Share Kirtan Music Together, Chant & Discuss
* Type a paper about your experience with in class adjustments,
boundary challenges and communication issues.
- MAY 24 (12 – 8 pm): Art of Adjusting, Professional Boundaries & Communication
RETREAT TO GLEN IVY: MARCH 29 – APRIL 1, 2012 (40 hrs)

APRIL 2012: 28 hrs

SHARING THE ABUNDANCE: Partner Yoga, Thai Massage & Reiki

Suggested Reading: Contact: The Yoga of Relationship by Tara Lynda Guber

- * Read Chapters 1 – 4 (Guber)
 - APR 5 (7 – 10 pm): Partner Yoga & Savasana Releases
 - * Read Chapters 5 – 8 (Guber) + Google “REIKI” and explore online
 - APR 12 (7 – 10 pm): Reiki Practitioner: Symbols & Group Healing Circle
 - * Google “Thai Yoga Massage” and explore online
 - APR 14 (12 – 8pm): Thai Yoga Massage Training Intensive
 - * Read Chapters 9 - 12 (Guber)
 - APR 19 (7 – 10 pm): Yoga Tune-Up
 - APR 26 (7 – 10 pm): Conducting Private Lessons, Using Intuitive Skills
 - APR 28 (12 – 8 pm): Reiki Master Intensive Day
- START CARRERA BOOK!!!**

MAY 2012: 31 hrs

INNER & OUTER WISDOM: Experiencing The Raja & Tantra Yogas

Required Reading: Inside the Yoga Sutras by Reverend Jaganath Carrera

AND

The Radiance Sutras by Lorin Roche, PhD

- * Read Pgs vi - 51 (Carrera)
- MAY 3 (7 – 10 pm): Samadhi Pada Discussion
 - * Read Radiance Sutras Intro - Pg 40 (Roche)
- MAY 10 (7 – 10 pm): Embodying The Radiance Sutras 1
 - * Read Pgs 52 – 94 (Carrera)
- MAY 12 (12 – 8 pm): Sun Salutation Breakdown, Finish Samadhi Pada
 - * Read Radiance Sutras pgs 41 – 80 (Roche)
- MAY 17 (7 – 10 pm): Embodying The Radiance Sutras 2
 - * Read Pgs 95 – 141 (Carrera)
- MAY 24 (7 – 10 pm): Sadhana Pada Discussion
 - * Read Radiance Sutras pgs 81 – 131 (Roche)
- MAY 26 (12 – 8pm): Sequencing Advanced Flows, Embodying The Radiance Sutras 3, Design & Plan Workshops & Retreats
 - * Write a comparative paper drawing on your experience and the class discussions of the Patanjali Sutras & the Vijnana Bhairava Tantra
- MAY 31 (7 – 10 pm): Sutras Wrap Up, LOG CHECK

JUNE 2012: 28 hrs
Required Reading: Insight Yoga by Sarah Powers

- * Read 3 – 55 (Powers)
- JUN 7 (7 – 10 pm): Yin Intro, Liver/Gallbladder Practice & Discussion
 - * Read 57 - 83 (Powers)
- JUN 9 (12 – 8pm): Yoga & Buddhism, Prenatal Yoga, YogaPlay for Kids
 - * Read 85 - 160 (Powers)
- JUN 14 (7 – 10 pm): Yoga for Motion Restriction, Additional Yin Sequences
 - * Art Meditation Supplies, Work on Final Project
- JUN 21 (7 – 10 pm): MANDALAS
- JUN 23 (12 – 8pm): Final Project Presentations
- JUN 28 (7 – 10 pm): Grad Night Party

ANATOMY BOOK

The Anatomy Coloring Book (3rd Edition) by Wynn Kapit & Lawrence M. Elson
*(**required** book purchase)*

FINAL PROJECT

JUNE 23 – “put it all together” and design a special workshop on the topic of your choice. Create, outline and provide supplemental handouts. Produce a flier for your workshop. Make it truly special! Present your basic ideas and thoughts to the group for feedback. Perhaps this will become reality!

ADDITIONAL NOTES

- * No make-ups are given. Fees are based on the entire program or module. If you are sick or miss for any reason, you may join one (1) future meeting or (1) asana intensive (TBD) on the same subject at no additional cost. _____ initial
- * No refunds are given. Fees collected are distributed and cannot be re-negotiated. If you must leave the program for any reason, including illness or hospitalization, you will be offered the pro-rated remainder of your credit to be used for future Cloud Nine Yoga offerings through Erika Faith Calig only. _____ initial
- * No reminders are given. Enrollee is responsible for all book purchases and assignments given by Cloud Nine Yoga Advanced Training teachers in preparation for each topic meeting and Asana Intensive. _____ initial

TOTAL CONTACT HOURS PROVIDED IN CURRICULUM: 154 HOURS

Additional Requirements: RETREAT: 40 hrs

Contact Hours ~ INTERNSHIP: 40 – 60 hrs, PRACTICE: 35 - 50 hrs

Non-Contact ~ PERSONAL STUDIES: 50 – 60 hrs, TEACHING: 100 hrs