



300-hr Advanced Certification & Master Yoga Training
September 23, 2015 – January 30, 2016
Cloud Nine Yoga :: YogaBody
Chino Hills, CA

“MASTER YOUR PRACTICE, ADVANCE YOUR TRAINING”

Weekly Asana Intensives (Saturdays 1 pm – 5 pm) & Wednesday Night Lectures (6pm – 9pm)

** classes will be open to the public

OPTIONAL RETREAT: Bhakti Fest SEPTEMBER 9 – 13, 2015

MODULE 1: HEALTHY FOUNDATIONS

Required Reading: Perfect Health by Deepak Chopra, MD

Application + Installment Payment #1 DUE on or before 9/23

* Read Part I: pgs. 3 - 134 (Chopra)

Sept 23: Orientation, Ayurveda Intro & Ayur Yoga Practice ERIKA FAITH

Sept 26: Kundalini Yoga, Kriya & Mudra Practice, Sound Healing ** VIRIAM KAUR

* Read Part II: pgs. 137 - 231 (Chopra)

Sept 30: The Power of Teaching Permission-based Yoga ** ERIKA FAITH

Oct 3: Ayurveda Workshop ** SUSANNA BARKATAKI (Healthy Hot Goddess)

* Read Part III: pgs. 235 - 375 (Chopra)

Oct 7: Teaching Kundalini Yoga & Ayurveda ERIKA FAITH

Oct 10: Energy Body Psychology: Healthy Roots & Wings ** ERIKA FAITH

Module 2: EMBODYING RADIANT BLISS

Required Reading: The Radiance Sutras by Lorin Roche, PhD

Installment Payment #2 DUE

Read pgs 1 – 79 (Roche)

Oct 14: StretchBall Workshop ** JULIE E HEALTH

Oct 17: FUNdamentals to Fly ** ANDREW SEALY

Read pgs 80 - 173 (Roche)

Oct 21: AcroYoga Therapeutics ** ANDREW SEALY

Oct 24: The Integrated Teacher: Chakras 3, 4, & 5 ** JULIAN WALKER

Read pgs 177 – 246 (Roche)

Oct 28: Kirtan Night Playshop ** LARISA STOW

Oct 31: Radiance Sutras ** DR LORIN ROCHE

Module 3: SHARING THE ABUNDANCE

continue with: The Radiance Sutras by Lorin Roche, PhD

Installment Payment #3 DUE

* Read pgs 248 - 304 (Roche)

Nov 4: Teaching & Practicing Ecstatic Yoga Dance ** ARIANA BATES

Nov 7: Reiki 1 & 2 Practitioner Training ** ERIKA FAITH

* Read pgs 305 - 377 (Roche)

Nov 11: Teach & Practice Reiki Restoratives & Yoga Nidra ** ERIKA FAITH

Nov 14: Thai Yoga Massage Playshop ** ERIKA FAITH & ADAM CALIG

* Finish all readings

Nov 18: Teaching Private Lessons, Workshops & Retreats ERIKA FAITH

Thanksgiving Break

Dec 5: Reiki Master Training ** ERIKA FAITH

Module 4: INNER & OUTER WISDOM

Required Reading: The Secret Power of Yoga by Nischala Joy Devi

Installment Payment #4 DUE

* Read pgs 1 - 102 (Devi)

Dec 9: Samadhi Pada Discussion + Yoga Practice ERIKA FAITH

Dec 12: Teaching & Practicing Ashtanga Yoga ** ERIKA BURKHALTER

* Read pgs 102 - 223 (Devi)

Dec 16: Sadhana Pada Discussion + Yoga Practice ERIKA FAITH

Dec 19: Teaching & Practicing Iyengar Yoga ** MICHAEL RUCCOLO

Holiday Break

* Read pgs 224 – 272 (Devi)

Jan 6: Yoga Sutras Discussion + Yoga Practice ERIKA FAITH

Jan 9: Teaching YogaPlay For Kids ** MICHELLE ADAMS

Module 5: YIN YOGA & MEDITATION

Required: Insight Yoga by Sarah Powers

Installment Payment #5 DUE

* Read pgs 1 - 55 (Powers), Start preparing your workshop presentation

Jan 13: Teaching & Practicing Yin Yoga ** ERIKA FAITH

Jan 16: Teaching Chair, Gentle, Adaptive Yoga ** CRYSTAL DAWN & SCOTT BROWN

* Read pgs 57 - 112 (Powers), Continue preparing final presentation

Jan 20: Teaching Pre/Post Natal Yoga ** STELLA TRYON

Jan 23: The Middle Way: Yin/Yang Flows, Yoga & Buddhism ** ERIKA FAITH

* Read pgs 113 - 186 (Powers), Final Prep for Presentations

Jan 27: Art Meditations ** ERIKA FAITH

Jan 30: 30 min. Workshop Presentations – GRAD NIGHT PARTY!!!

FINAL PROJECT

Jan 30 – *Design a specialized workshop on your favorite yoga topic. Show the class your creative spirit and take us through a 30-minute example class for your presentation. Teach it from your experience and perspective! **Hand in an explanation and outline to the lead teacher with a marketing flyer.** Include all the details of your workshop or specialty class and any supporting references you have.*



SCHEDULE IS SUBJECT TO CHANGE WITHOUT NOTICE.

Thanks for remaining a flexible yogi! © Cloud Nine Yoga