

300-Hour Master Yoga Teacher Program

Advanced Yoga Teacher Certification and RYT 500

Cloud Nine Yoga is Registered with the Yoga Alliance at both the 200 and 500 Levels.

BASIC INFO

This program is set up to meet one – two times per week. Each individual branch decides their particular schedule. For instance, our Huntington Beach Branch meets every Monday night from 6:00 – 9:00 pm and two Saturdays per month from 12:00 pm – 8:00 pm. Every so often, a special Sunday outing or workshop is planned (every couple months) as unique opportunities arise.

Offered in Los Angeles (since 1999) and Orange Counties (since 2005) approximately twice per year, *this program is for graduates of any 200 level yoga training program.* We are honored to host some of the most respected and influential teachers of our time as esteemed faculty: Erika Faith, MacKenzie MacSween, Erich Schiffmann, Simone Market, Athena Engelman, Karta Singh, Raahki “Siva” Mohan M.D., Dr Mark Vininck, Viriam Kaur, Larisa Stow, Julian Walker, Glen Swindler, Veronica Dougherty, Erika Burkhalter, Girish, Lindsey Meehleis-Matthews, Marla Wedge, Lisa Peterson, Via Page, Jerome Mercier, Ron Berman, Diana Markessinis, Lauren Jacobs and Sasha Papovich.

There are five ways to complete your R.Y.T. 500 with Cloud Nine Yoga:

1. Take our entire 6-month Master Yoga Program (offered several times a year in various locations)
2. Do our month-long modules at your leisure (must complete all 6 modules for certification)
3. Complete the training little by little, as your time & finances allow
4. Stay at the Cloud Nine Yoga Retreat Sanctuary for a Residential Experience
5. Go on a 21-day+ International Retreat for a Unique Destination Yoga Training

HOURS BREAKDOWN

1. *170 hours* +++(CONTACT) of workshops and lectures with CNY E-R.Y.T. 500 trainers and guest faculty

2. *60 hours*+++ (CONTACT) of retreating with CNY teachers/faculty. This retreat cost is not included in your tuition for the program and must be handled separately. A five-day minimum on retreat with a Cloud Nine Yoga Teacher Trainer is required for certification.

3. *40 hours*+++ (CONTACT) of internships in your area with a CNY teacher of your choice. We can either allow you to work with a class at the studio or you can ask someone to be your mentor for these hours. This teacher must be a Teacher Trainer (E-RYT or equivalent). You may also complete your internship in a Cloud Nine Yoga 200 hr Teacher Training with one of our affiliated branches.

4. *30 hours*+++ (CONTACT) of taking regular studio or gym classes as a student. This includes all the time you spend practicing in the presence of a Cloud Nine Yoga Teacher of your choice. We would like to add that any style yoga classes that support your being the most marvelous and authentic YOU will count here, as long as you are in the light of another marvelous and authentic teacher. This amounts to one practice class per week.

In addition, Yoga Alliance requires the following for RYT 500 designation:

100 hours +++ (NON-CONTACT) of teaching. We can oversee your teaching hours by helping you find classes if you don't already have one. There are always opportunities to find work teaching and subbing with other Cloud Nine Yoga staff and teachers.

50 hours +++ (NON-CONTACT) of personal studies and volunteering. Personal studies include: reading our required book assignments, internet research, writing homework, etc. and all other time you spend

outside the class environment in support of what you are learning in the program. Seva (service) or volunteering is also an option here, which you can share your special talents with the world in some way.

TOPICS

Module 1: Anatomy of Hatha Yoga, Kundalini Yoga, Ayurveda, Injury Prevention and Yoga Therapy (specifics on fatigue, ACL, rotator cuff, arthritis & skeletal injuries)

Module 2: Kirtan, Mantra, Core Sequencing, Ecstatic Yoga, The Chakras, The Language of Hard & Soft Adjustments (focus on meanings, history & application of all topics)

Module 3: Thai Yoga Massage, Energetic Touch, Reiki, Conducting Private Lessons, Contact Yoga (Partner Work), Body Assessment (non verbal & verbal communication)

Module 4: Planning a Retreat, Designing a Workshop, Vinyasa Flow teaching All Levels through Level 2/3, Yoga Sutras Study, Intelligent Sequencing (deepening our yoga as an advanced teachers)

Module 5: Yoga & Buddhism, Tantra, Yin Yoga (how yoga ties in perfectly with many mystical practices & experiences)

Module 6: Yoga for Seniors & Motion Restriction, Yoga Playshops (Kids, Mantra), Pre Natal Yoga, Art Meditation and Dream Boards, Living Yoga Day-to-Day & Guiding the Journey (bringing in the fun and the spiritual to expand joy to all people: young, old and in-between)

TUITION

6-month Advanced Teacher Training Tuition: \$3300

6 installments method: \$550 per month/module

Individual Weekly Meeting Nights (3-4 hrs): \$75 - \$100 each (\$25 per credit hour)

Individual Saturday or Sunday Intensives (6-8 hrs): \$150 - \$200 each (or \$25 per credit hour)

APPLICATIONS ACCEPTED ALL YEAR

There is a \$300 non-refundable deposit due upon submitting your application, which covers your initial one-on-one consultation with your teacher trainer prior to starting the program under any tuition option.

READING MATERIALS

Anatomy:

Required Reading: [Anatomy Coloring Book, The \(3rd Edition\)](#) (Kapit/Wynn)

OPTIONAL: [Yoga Anatomy](#) (Kaminoff)

Module 1:

REQUIRED Reading: [Perfect Health: The Complete Mind/Body Guide, Revised and Updated Edition](#) (Deepak Chopra, MD)

OPTIONAL: [Kundalini Yoga: Guidelines for Sadhana \(Daily Practice\)](#) (M. S. S. Gurucharan Singh Khalsa) & [Essential Ayurveda: What It Is and What It Can Do for You](#) (Shubhra Krishan)

Module 2:

REQUIRED Listening: [Radical Transformation](#) by Julian Walker (8 CD Set)

OPTIONAL: [Yoga Nidra/2009 Re-print](#) (Swami Satyananda Saraswati) & [Healing Mantras: Using Sound Affirmations for Personal Power, Creativity, and Healing](#) (Thomas Ashley-Farrand)

Module 3:

Readings this month are OPTIONAL: [Contact: The Yoga of Relationship](#) (Tara Lynda Guber), [Thai Yoga](#)

[Massage: A Dynamic Therapy for Physical Well-Being and Spiritual Energy](#) (Kam Thye Chow) & [The Power of Reiki: An Ancient Hands-On Healing Technique](#) (Tanmaya Honervogt)

Module 4:

REQUIRED Reading: [Inside the Yoga Sutras: A Comprehensive Sourcebook for the Study & Practice of Patanjali's Yoga Sutras](#) (Reverend Jaganath Carrera)

OPTIONAL: [Ashtanga Yoga: The Practice Manual : A Simplified Guide for Daily Practice: 2](#) (David Swenson) & [Meditations from the Mat: Daily Reflections on the Path of Yoga](#) (Rolf Gates and Katrina Kenison)

Module 5:

REQUIRED Reading: [Insight Yoga](#) (Sarah Powers)

Module 6:

Readings this month are OPTIONAL: [Living Yoga](#) (ed. Feuerstein/Bodian), [The American Yoga Association's Easy Does It Yoga : The Safe and Gentle Way to Health and Well-Being](#) (Alice Christensen), [Coloring Mandalas 2 \(Vol 2\)](#) (Susanne F. Fincher), [Prenatal Yoga Deck](#) (Diane Philos)

Please contact Erika Calig, Director of Cloud Nine Yoga, for more information and an application.

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310-989-0878

Please include your name, address, telephone number and email in all correspondence.