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## **Cloud Nine Yoga 200-Hour Teacher Training and In-depth Study**



**Cloud Nine Yoga is a Registered Yoga School with Yoga Alliance**



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# **Cloud Nine Yoga**

## **200 Hour Teacher Training and In-depth Study**

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# **Cloud Nine Yoga**

## **200-Hour Teacher Training and In-depth Study**

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# Welcome & Guidance



**Cloud Nine Yoga**  
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# **Cloud Nine Yoga**

## **200-Hour Teacher Training and In-depth Study**

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Namaste!

On behalf of the Cloud Nine Yoga Family, I want to congratulate you in taking this powerful leap into the practice and heart of yoga. We want you to know how important it is that you feel comfortable, supported and graced with an environment that facilitates inner awareness. May we each show up authentically, with discipline to follow through and playfulness to keep it fun!

The information contained within these pages will serve as a base for each Weekly Meeting and Asana Intensive offered through your teachers. Every Cloud Nine Yoga School Branch uses these same outlines as guides for lectures, discussions and information exchange yet what is contained here is just a small part of the tremendous learning that will take place over the course of your training. Each teacher provides their unique interpretation and voice – just as each fellow classmate gifts the group with their own individual perspective and way of expression.

We celebrate the blending of cultures, the integration of ideals and the wholeness that comes when people of varying histories come together with a common thread: YOGA. Building a world together in cooperation, mutual benefit and in accordance with the highest good of all life everywhere begins with us.

Cloud Nine Yoga truly seeks to honor our quest for greater peace. We strive to live from a place of compassion and gratitude. The healing that takes place through our classes, trainings and retreats has the capacity to bring each person home – back to our TRUE nature. This essence of BEING radiates out into every corner of our existence – inner and outer. Work, family, relationships and being alive take on a wholeness that is beyond what we knew without this practice.

Get ready to enlighten your soul, awaken your mind and be well!

Blissfully,

Erika Faith Calig  
Founder & CEO  
Cloud Nine Yoga, LLC



## **Application for In-Depth Yoga Training & Teacher Certification**

Name: \_\_\_\_\_ D.O.B.: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, and Zip: \_\_\_\_\_

Best numbers to reach me: \_\_\_\_\_

Email: \_\_\_\_\_ Occupation: \_\_\_\_\_

How did you hear about Cloud Nine Yoga? \_\_\_\_\_

### **ASSUMPTION OF RISK:**

I am aware that participation in today's lesson or any meetings following today with "Cloud Nine Yoga" and "Erika Faith Calig" may be hazardous activity. I acknowledge that a certain minimum level of physical health, strength, fitness, and flexibility will be required. I am voluntarily participating in these activities with knowledge of the risks of injury for which I will voluntarily assume.

### **RELEASE:**

As consideration for being permitted to participate in the Yoga Teacher Training and its exercises, I hereby agree that I, \_\_\_\_\_, my assignees, heirs, guardians and legal representatives will not claim against, sue or attach the property of Erika Faith Hattingh or Cloud Nine Yoga for injury or damage resulting from my participation in any lesson, class, or activity. I hereby release Erika Faith Calig, Cloud Nine Yoga and all agents and heirs from any and all such actions, claims or demands that I, my assignees, heirs, guardians and legal representatives now have or hereafter may have for injury or damage associated with my participation in the yoga teacher's training classes, retreats and meetings. I release "Cloud Nine Yoga" and "Erika Faith Calig" from all claims, injury damages or liability suffered by me in connection with my lessons at any location where I participate.

Individuals hereby acknowledge that before participating in an exercise program that they should consult with a physician. Any therapies given are not to underscore traditional medicine. Individuals under eighteen (18) must be accompanied by a parent or legal guardian.

I have carefully read this agreement and fully understand the above contents. I am aware and agree that it is a complete release of liability voluntarily assumed for my participation in physical fitness, exercising, and related activities with all "Cloud Nine Yoga" teachers and staff.

Signature: \_\_\_\_\_

DATE: \_\_\_\_\_

Print Name: \_\_\_\_\_





Please answer the following questions regarding yoga experience.

1. How many years have you been practicing yoga? Where are you practicing, how many hours per week, and what style?

2. Tell us about your most memorable experiences taking yoga classes.

3. What most excites you about taking the CNY training?

4. Which postures, philosophies, subjects, etc. are you most curious to learn more about?

5. State your goals and intentions for the In-Depth Yoga Study and Teacher Training:



## **Cloud Nine Yoga Teacher Training & In-depth Study**

### **Required Reading List & Other Materials**

1. Farhi, D (2000). *Yoga Mind, Body and Spirit: A Return to Wholeness*. New York, NY: Henry Holt and Co.

ISBN: 0805059709

2. Iyengar, BKS (1976). *Light on Yoga*. New York, NY: Schocken Books Inc.

ISBN: 0805210318

3. Lasater, Judith Hanson (2009). *YogaBody: Anatomy, Kinesiology and Asana*. Berkeley, CA: Rodmell Press.

ISBN: 9781930485211

### **Supplemental Information (optional)**

4. Paul Grilley DVD – *The Anatomy for Yoga*

5. Cloud Nine Yoga 2-DVD Set – \$30

- *Floating on Cloud Nine* – a basic practice
- *Dancing on Cloud Nine* – an intermediate practice
- *Uniting on Cloud Nine* – a partner practice
- *Yoga Nidra* – a relaxation practice

*\*Strongly Suggested: Journal and/or Notebook & 3-Ring Binder*



## **CNY Basic Teacher Training (200 R.Y.T.)**

### **Minimum Requirements & Hour Designation for Trainers**

*Cloud Nine Yoga will provide each student with a **minimum total of 80 hours** between Asana Intensives and Weekly meetings in exchange for their tuition.*

#### **ASANA INTENSIVES**

- Asana breakdown, Anatomy instruction, Adjustments, Sanskrit and Practice Teaching are the focus for all Asana Intensives
- Cover the following ASANA topics: Seven Moving Principles, Sun Salutations, Core Standing & Balancing Postures, Abdominals/Bandhas, Safe Bending (forward and back bends), Twists, Inversions, Restoratives, YogaPlay for Kids, Pre/Post Natal Intro or Contraindications, Gentle Yoga & Modifications for Seniors or Motion Restriction
- Anatomy topics: Basic Terms, Anatomy of Compression & Proportion, Feet, Legs, Pelvis, Diaphragm, Ribcage, Abdominals, Chest, Spine, Back, Arms, Hands and Neck
- Cover multiple levels of teaching each posture using props and vocal adjustments. Students to continually practice at their own safe skill level and teach according to their personal comfort level
- Use Sanskrit terms as often as possible and quiz students on their knowledge of postures frequently
- Use practice teaching in each Asana Intensive. Start with one-on-one teaching early, then to progress to small group and finally, teaching the whole class.
- Plenty of time is spent on Sequencing
- **Approximate Minimum: 40 hours**

#### **WEEKLY MEETINGS**

- Cover the following topics: History & Evolution of Yoga, 8 Limbs, Yamas & Niyamas, Pranayama, Meditation, 4 Yogas, Schools/Styles of Yoga, Yoga Sutras of Patanjali, Chakra System, Ethics, Boundaries, Creating a Safe/Sacred Space, Portrait of a Guru, Kriyas, Ayurveda/Yogi Nutrition, Mudra & Mantra
- **Approximate Minimum: 32 hours**

#### **REQUIRED READING & MATERIALS**

*Students must purchase their own materials/books*

1. *YogaBody: Anatomy, Kinesiology, and Asana* (Lasater)
2. *Yoga Mind, Body & Spirit* (Farhi)
3. *Light on Yoga* (Iyengar)
4. Three-ring Binder with subject separators and *separate* Writing Journal
5. CNY DVD



**\*\* Additional materials approximately \$100 \*\***

## **RETREATS**

- Lead by Cloud Nine Yoga Teachers
- Intimate, powerful weekend
- **Approximate Minimum: 40 hours or 3 days**

**\*\* Additional retreat fees vary \*\***

## **INTERNSHIP**

- Within the program, students must complete a **minimum of 28 contact hours** with a mentor teacher, as an assistant in their yoga class.

**\*\* Fee varies from zero to the price of a class, depends on situation \*\***

## **SEVA, KARMA YOGA**

- 10 hours of volunteer time

## **PRACTICE**

- Within the program, students must complete a **minimum of 40 contact hours** with a teacher CNY faculty member, engaged in your own practice in a classroom setting.

**\*\* Class fees are paid directly to the teacher/studio of your choice \*\***

## **NON-CONTACT HOURS**

Homework each week consists of reading and completing essays and projects. Additional studies and research are strongly encouraged. Some teachers may add take-home projects, essays or in-class quizzes to further student's retention of information. This is entirely up to each individual branch. **Minimum 10 hours.**

***“We would rather have over-qualified teachers than under-qualified teachers!”***



## **Cloud Nine Yoga Teacher Certification** **Student Responsibilities:**

**Payments:** The tuition payment schedule is supplied. Certification will not be issued until all payments have been made.

**Late Payments:** All payments must be received on the scheduled payment date. Any payments received after incur a **\$50 late fee**. All late payments, even special extensions given from the instructors, *must include this late fee, no exceptions!*

**Attendance:** Attendance will be taken at the beginning of each meeting. Late arrivals or absences will be recorded, and all time missed must be made up in order to receive your certification.

**Late Policy:** All classes will begin on time so it is required that you arrive 10 minutes early to get settled.

## **House Rules**

**We request your assistance and cooperation with the following:**

**Noise:** Please socialize before and after class only. Keep voices low inside the classroom. Please leave cell phones outside of the studio.

**Restrooms:** No need to ask, just get up to go when necessary.

**Food and Drink:** Drinks are permitted, but please make sure they have secure lids or caps to prevent spilling.

**Missed Meetings:** You must attend all weekly meetings and asana intensives to receive the “contact hours” required for your certification. If you miss any weekly meetings or Asana Intensives, you are required to make up the hours by scheduling a private tutorial with one of the Cloud Nine Yoga staff. Please schedule these appointments via email or telephone only. **Fees are set at \$65 per private hour or share your “make-up” with another student or two for \$40 each per semi-private hour.**



## **Teacher Training Log Terms and Information**

- Lecture:** Weekday Evening Meetings
- Practice:** Your Asana (postures), Pranayama (breathing practice) and Dhyana (meditation) practice with a Cloud Nine Yoga teacher *in class*.
- Intensives/Retreat:** The total number of hours earned at each Asana Intensive and the contact hours received on the retreat.
- Internship:** Time spent in the presence of a Cloud Nine Yoga mentor teacher, specifically assisting your mentor teacher in a yoga class.
- Seva/Karma Yoga:** All volunteer time spent outside of lecture, practice, intensives or retreats.
- Personal Studies:** Include any related *or required reading or journal writing* (i.e. any readings from required texts or other yoga/spiritual books or publications such as Yoga Journal, Yogi Times, etc.). **All homework time and any home practice goes here.**
- Column Total:** The total number of hours you have accumulated according to each category.
- FINAL Total:** **Total of all columns combined**

*\*Upon the completion of your training you are required to total the entire number of hours accumulated as well as the number of hours completed within each individual category (Lecture, Practice, Personal Studies etc.).*

*\*Keep an impeccable log as it will be referenced for certification purposes and kept in your permanent file.*

*\* You need a minimum of 180 hours in the **PRESENCE** of a Cloud Nine Yoga Teacher (known as “contact hours”) for Yoga Alliance Registry.*



## Cloud Nine Yoga 200-Hour Log Sheet

<u>Week</u>	<u>Lectures</u>	<u>Asana Intensives</u>	<u>Personal Practice w/CNY Teacher (Class)</u>	<u>Personal Studies (reading, homework, etc.)</u>	<u>Seva, Karma Yoga</u>	<u>Internship (Mentor Hours)</u>	<u>Retreat</u>	<u>Weekly Total</u>	<u>Total Hours</u>
Week 1									
Week 2									
Week 3									
Week 4									
Week 5									
Week 6									
Week 7									
Week 8									
Week 9									
Week 10									
Week 11									
Week 12									
Week 13									
Week 14									
Week 15									
Week 16									
Week 17									
Week 18									
Week 19									
Week 20									
Week 21									
Week 22									
Week 23									
Week 24									
Week 25									
Week 26									
Week 27									
Week 28									
Week 29									
Week 30									
<b>TOTAL</b>									
Minimum Required	40	40	40	10	10	30	30		200
<i>Hours Still Needed</i>	40	40	40	10	10	30	30		200



## INTERNSHIP HOURS & CHOOSING A MENTOR

In order to receive certification, you must complete a **minimum of 28 hours** with a CNY faculty member. In this internship, you are an assistant to your mentor in their yoga class. If possible, choose a mentor teacher whose style resonates or who teaches a class similar to what you see yourself teaching one day.

Internship hours provide the opportunity for you to be an “apprentice.” The goal is for you to get a hands-on experience in a yoga class environment.

- integrate what you are learning from the program
- acclimate to working with students one on one
- observe students and give vocal adjustments
- demonstrate postures in front of class

Your mentor teacher will personally guide you along the way with encouragement and constructive criticism. Ask questions when necessary and be engaged with your mentor! Check in with them frequently to discuss any challenges or breakthroughs you may encounter. There may come a time when you would practice teach in this setting!

☐ I already have a CNY faculty member in mind who I can ask to mentor me:

\* Teacher's Name: \_\_\_\_\_

\* Teacher's Phone & Email: \_\_\_\_\_

\* Class Info (where, time, style): \_\_\_\_\_

**- OR -**

☐ I NEED a CNY faculty member in my area (specify what area and times available).  
Please help me find my mentor!

\* Day and times you are available:

\* Area in which you live or work: