

March 1 – June 21, 2015 :: Cloud Nine Yoga Temecula

Master Training Ommersion & Advanced Yoga Teacher Certification

Living Yoga Center :: Temecula, CA

Weekly Sunday Intensives (9am – 3pm) & Monday Nights (6pm – 9pm - except holidays)

MODULE 1 FOUNDATIONS: Ayurveda, Anatomy + Kundalini Yoga

Required Reading: Perfect Health by Deepak Chopra, MD

* Read Chapters 1 – 5 (Chopra), Start Anatomy Coloring Book Pages

March 1: Introductions, Orientation, Ayurveda Intro & Ayur Yoga Practice

March 2: Kundalini Yoga Intro & Practice

Application/\$400 Deposit + Retreat Payment Due

* Review & Fill out pgs. 32 -33 of Manual + Read supporting YJ Articles

March 8: Anatomy of Disease, Preventing Injuries & Modifying Postures

March 9: Going Deeper: Kundalini Yoga Practice

* Read Chapters 5 - 9 (Chopra), Cont. Anatomy Coloring Book Pages

March 15: Going Deeper: The Power of Teaching Yoga

March 16: Ayur-Yoga Practice & Ayurveda Discussion

Module 2 THE CENTRAL CHANNEL: Core Sequencing + The Chakras

Required Listening: Radical Transformation by Julian Walker (provided)

* Listen to Walker CD Lecture 1a + 2a

March 22: Practice Together 1b, Discuss: Root/Sacral Chakras, Chakra Anatomy

March 23: Practice Together 2b, Discuss: Solar/Heart Chakras

\$725 Installment Payment #1 DUE

* Listen to Walker CD Lecture 3a + 4b

March 29: Practice Together 3b, Discuss Heart/Throat, Energy Body Psychology

March 30: Practice Together 4b, Discuss: 3rd Eye/Crown, Psychic Phenomenon

APRIL 2 – 5 ~ Moving Your Prayers Retreat :: Sedona, AZ

Module 3 SHARING THE ABUNDANCE: Partnering & Communing

Suggested: The Radiance Sutras by Lorin Roche, PhD

* Make a CD for each person in the group of your favorite yoga music, Begin Reading The Radiance Sutras

April 12: Intro to the Radiance Sutras + Kirtan 101

April 13: Sanskrit Review, Ethical Guidelines, Conflict Resolution, NVC

* Google “REIKI” and explore online, Read through Sutra 59 (Roche)

April 19: Reiki 1 & 2 Practitioner Training

April 20: Yoga of Communication & Partner Yoga

\$725 Installment Payment #2 DUE

* Google “Thai Yoga Massage” + “Yoga Nidra” ~ explore online

April 26: Thai Yoga Massage Playshop

April 27: More Radiance Sutras Fun + Yoga Nidra

* Continue Reading Sutras 60 - 112 (Roche)

May 3: Reiki Master-Teacher Training Day

May 4: Conducting Private Lessons, Organizing/Planning Workshops & Retreats

Module 4 INNER & OUTER WISDOM: Sutras & Sequences

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

* Read Intro & Book I (Samadhi Pada Chapters 1 – 7, Devi)

May 10: Samadhi Pada Discussion, Ashtanga Primary Series (modified)

May 11: Finish Samadhi Pada Discussion, Intelligent Sequencing

* Read Book II (Samadhi Pada Chapters 1 – 8, Devi)

May 17: Sadhana Pada Discussion, Ashtanga Secondary Series (modified)

May 18: Finish Sadhana Pada Discussion, Advanced Flows

\$725 Installment Payment #3 DUE

MAY 23 - 26 ~ Gathering of the Goddesses Retreat :: Idyllwild, CA

Module 5 & 6 THE ART OF LIVING YOGA: Specialty Classes

Required: Insight Yoga by Sarah Powers

* Read Chapters 1 – 4 (Powers), Start preparing your workshop presentation

May 31: Pre/Post Natal Yoga Workshop

June 1: Yoga For Children Workshop

* Read Chapters 5 - 8 (Powers), Continue preparing final presentation

June 7: Yin Yoga & Mindfulness, Aromatherapy, Kidney/Bladder Sequence

June 8: Teaching Seniors & Motion Restricted Adults: Chair and Gentle Yoga

* Read Chapters 9 – 12 (Powers), Continue preparing final presentation

June 14: Deeper Look at Yin, Yoga & Buddhism, Pranayama & Meditation

June 15: Art Meditations & Living Yoga

\$725 FINAL Installment Payment DUE

* Read Chapters 13 – 20 (Powers), Final Prep for Presentations

June 21: Workshop Presentations & ***GRAD NIGHT***

FINAL PROJECT

JUNE 21 – *Design a specialized workshop on your favorite yoga topic. Show the class your creative spirit and take us through a 45 - 60 minute “mini” 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.*

ADDITIONAL NOTES

* Fees are based on the entire program or module. If you are sick or miss for any reason, a make-up session can be scheduled at \$65 per hour for a private (2.5 hrs min needed for missed sessions). _____ initial

* No refunds are given. 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. _____ 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 THIS CURRICULUM: Approx. 130 HOURS

Additional Contact Requirements:

RETREAT: 40 – 60 hrs

INTERNSHIP: 40 – 60 hrs

PRACTICE: 40 - 60 hrs

Additional Non-Contact Requirements:

PERSONAL STUDIES: 40 – 60 hrs

TEACHING: 100 hrs

SCHEDULE IS SUBJECT TO CHANGE WITHOUT NOTICE.

Thanks for remaining a flexible yogi! © Cloud Nine Yoga

