

CLOUD NINE YOGA IMMERSION

2-Week Yoga Teacher Training (200-hr RYT Certification)

A TROPICAL TRANSFORMATION ...in the spirit of ALOHA

The eruption of the volcano is traditionally seen by the ancestors as a ritual of cleansing. Join us in the spirit of Pele, one of the seven wonders of the world and an active volcano. Ignite your internal fire through spiritual and physical cleansing.



Have you considered a certification course yet prefer to take a break from your normal life? This 2 week Edu-Vacation will be a pulsing with radiant YOGA studies, yet fully supported by community, nature and quiet moments of deep healing.



Join Erika Faith Calig, Terra Ann and Lauren Robinson as we delve deep into the playful, ecstatic and exploratory style of Cloud Nine Yoga.

The Wow of Immersion

Our full days of yoga anatomy, philosophy, history, practice, sangha and meditative action will be enhanced with added bonus benefits for Mind * Body * Soul:

- Tropical Cuisine: 3 healthy meals a day from on-site & local farms
- Dolphin Excursion
- Ancient Warm Ponds
- Snorkeling with vibrant, tropical sea life
- Black sand beaches
- Spirit Hula Dance

- Hawaiian Sweat Lodge (optional)
- Volcano Lava Tour
- Aloha Spirit Studies with Kumu Aunty Mahealani (www.AlohaSpiritAunty.com)



Timing It All

- Arrival by the afternoon of July 7th for settle in and Welcome Dinner
- July 8th - 21st: Yoga Immersion
- Evening of July 21st: Hawaiian Style Graduation Celebration
- Departure: July 22nd

A Day In The Life...

7:30 AM – 9:00 AM	MORNING YOGA PRACTICE
9:15 AM – 10:15 AM	BLASTOFF BREAKFAST
10:30 AM – 12:30 PM	LOTUS LECTURES
12:30 PM – 3:00 PM	SOUL SHINE LUNCH + FREE TIME
3:00 PM – 6:30 PM	ASANA & ANATOMY INTENSIVES
6:30 PM – 7:30 PM	DIVINE DINNER
8:00 PM – 10:00 PM	EVENING PROGRAM



Pricing & Inclusions*

- Cloud Nine Yoga 200 hr In-Depth Studies & Basic Yoga Teacher Certification tuition
- Airport pickup/drop off from Hilo International Airport
- Group Tours

- Tropical Cuisine
- Ozone Jacuzzi
- Abundant Fresh Coconuts

\$3,700 Private, Single

\$3,445 Double Occupancy

\$3,295 Dorm (Shared Bath)

\$2,995 Camping (Bring Your Own Tent or Sleeping Bag)

\$2,795 Local or Stay Off Site

\$1,995 C9 Grads Continuing Education/Assistant-ship Program (Tent or Dorm) **

** RYT 200 Pre-Requisite and Pre-Approval Required

NOTE: Pricing above does not include Hawaii State tax of 4.6%

* Prices do not include: Airfare, optional services (listed below), Required Course Materials (books, journal, etc), Tips for Captains, Support Staff & Tour Guides



Optional Services Available:

- Watsu (gentle, soothing massage in healing waters of champagne ponds)
- Massage w/ Certified Massage Therapists
- Infrared Sauna Use
- Colon Hydrotherapy
- Hawaiian Tarot Readings
- Market Shopping/Lunch Out

Making Payments:

- Checks Paid In Full before May 5th, Receive \$100 discount.
- Credit Card Payments incur 4% processing fee
- Make check payments to Cloud Nine Yoga Hawaii

Contact

To Begin Registration, call Terra Ann @ 310.261.2587

or email: Yoga@HawaiianSanctuary.com

Books must be ordered/purchased upon registration: **CLICK HERE** for information:

<http://cloudnineyoga.com/train/curriculum/required-reading-material/>

Check out www.HawaiianSanctuary.com for more details about the land where we gather.

Your Fearless Teachers



Erika Faith Calig, E-RYT 500, Founder & Director of Cloud Nine Yoga School, LLC and Head Teacher for CNY Trainings USA & Abroad: With over 20 years of experience in Yoga and Transpersonal Psychology, Erika facilitates awakening in her students through sacred movement, aromatherapy, inspirational music, poetry and art. She assists each person to find heartfelt answers by asking the right questions and cultivates internal sacred healing space for a peaceful life and practice. Erika is an influential Master Teacher who has been carefully training and uplifting Yoga Teachers since 1999. Her kindness meditations, electrifying sequences and loving presence are memorable to all who experience her teaching. Her other Yoga practices include: being a Mommy, gardening, conscious living and having an extraordinary marriage with her husband, Adam.

"Erika has created a safe haven for students of all levels, ages and abilities to learn how to share the benefits of yoga. This phenomenal woman has a presence that lights up a room. She makes people laugh and has the power to help shift a person's inner dialogue. A great many teachers emulate the grace, playfulness and community that Erika brings to this world."

- Lawrence Walters, Astrologer



Terra Ann Pracht, Director of Programs @ Hawaiian Sanctuary, Center for Well Being PLUS Cloud Nine Yoga Tribe Member for over 7 years (E-RYT 200). Terra Ann thrives by gathering Spirit Family for Education and community Health thru yoga trainings, fasting retreats/cleanses, farm studies and more. Based on the teachings of Erika Faith and Rodney Yee, Terra Ann guides proper technique with compassion for every BODY. The Hawaii Cloud Nine Yoga School is grounded by her year round commitment to gathering the best teachers and RIPE students to share in Tropical Transformations. She is a coach for Yoga Teachers reminding us to be gentle with all that come to our classroom. It's a special art of listening and guiding. *Let US build commUNITY.*

"Terra Ann has the most intimate way of relating as a yoga teacher. She fully participates with ones needs in a way that is fun, sensual, and fully compassionate to ones being" - Dawn Hurwitz



Lauren Leslie Robinson-Horn, RYT 500, Anatomy Teacher for Cloud Nine Yoga Hawaii: began her yoga practice in 2003 to relieve chronic low back pain. Over the years she practiced different styles of yoga and experienced the numerous benefits, healing of the body, clarity of the mind and softening of the heart, and wanted to learn more and share it with others. She received her 200-hr certification from Cloud Nine Yoga in 2006 and 500-hr certification in 2011. She enjoys teaching all levels and loves watching students build strength and flexibility in their bodies and their lives. Lauren is currently preparing for Physical Therapy school. Her other joys are swing dancing with her husband, baking for her friends, and hiking in the great outdoors.