

# CLOUD NINE YOGA IMMERSION

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

## A TROPICAL TRANSFORMATION ...in the spirit of ALOHA

Join us in the spirit of Pele, near one of the most active volcanoes in the world: Mauna Loa. 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 guest teachers 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 (sacred council) and Seva (meditative action) will be enhanced with Tropical Cuisine from on-site and local farms as well as:

- A Dolphin Excursion in Kona
- Trip to Ancient Warm Ponds
- Hula with Kumu Ehulani
- Hike to Waterfalls
- Local Farmer's Market Shopping



### Timing It All

- *Arrival by the evening of June 9<sup>th</sup>* to settle in (snacks provided)
- June 10<sup>th</sup> - 25<sup>st</sup>: Yoga Ommersion
- Evening of June 25<sup>th</sup>: Hawaiian Style Graduation Celebration
- Departure: June 26<sup>th</sup>

### A Day In The Life...

7:00 AM – 7:15 AM	TEA & SNACKS
7:30 AM – 9:30 AM	MORNING YOGA INTENSIVE
10:00 AM – 10:45 AM	BLISSFUL BRUNCH
11:00 AM – 2:00 PM	LOTUS LECTURES
2:00 PM – 2:45 PM	COCONUT BREAK
3:00 PM – 5:30 PM	ANATOMY & ASANA BREAKDOWNS
5:30 PM – 6:00 PM	PRACTICE TEACHING ASSIGNMENTS
6:00 PM – 6:45 PM	DIVINE DINNER
7:00 PM – 9:00 PM	REST/STUDY



### Pricing & Inclusions\*

- Cloud Nine Yoga 200 hr In-Depth Studies & Yoga Teacher Certification Tuition
- Dolphin Excursion to Kona
- Group Tours & Ground Transportation
- Tropical Cuisine
- Ozone Jacuzzi & Infrared Sauna

- Special Music Performances and Select Community Events

\$5,995 Private Room, Single Occupancy (Tempurpedic Bed in Lodge Room)

\$4,995 Shared Jungalow or Eco-Pod Accommodations (Double Occupancy)

\$3,595 Local (Kama Aina), Camping, or Sleep Off Site

+ *Hawaii State tax of 4.6%*

\* Air transportation not included. Airfare to Hilo International Airport are participant's responsibility. Please purchase required Course Materials prior to travel and bring with you. Bring spending money for tips, snacks, massage, shopping and farmer's market.



Optional Services Available:

- Watsu (gentle, soothing massage in healing waters of champagne ponds)
- Massage w/ Certified Massage Therapists \$90 /session
- Colon Hydrotherapy \$90 /session

Making Payments:

- For Credit Card Payments, please contact Terra Ann: 310-261-2587
- ***Checks Paid In Full before April 9<sup>th</sup>, Receive \$300 discount.***
- Mail payment, along with your application to:

Cloud Nine Yoga Hawaii  
PO Box 1222  
Pahoa, HI 96778

## Contact

To Begin Registration, call Terra Ann @ 310.261.2587 or email:

[Yoga@HawaiianSanctuary.com](mailto: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](http://www.HawaiianSanctuary.com) for more details about the land where we gather.

## Your Fearless Teachers & Leaders



**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.



**Terra Ann Pracht**, Director of Programs @ Hawaiian Sanctuary, Center for Well Being PLUS Cloud Nine Yoga Tribe Member for a decade (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.*