

KAUAI CLOUD NINE YOGA OMMERSION 16-Day Yoga Teacher Training Info Sheet

Ready Yourself for a TROPICAL TRANSFORMATION...in the spirit of ALOHA!

Kauai is the eldest of the main Hawaiian Islands, known as the Garden Isle for its lush green mountain landscapes. From the immense cliff side waterfalls, to the deep drop of Waimea Canyon, to the picturesque sandy beaches – this powerfully beautiful island is an enchanted place to immerse in spiritual study.



Are you considering a certification course yet rather take a break from your everyday life and fully immerse yourself in the yogic lifestyle? This 16-day “Edu-Vacation” will be filled with all things YOGA, yet fully supported by the Spirit of Aloha.



Join Erika Faith Calig, E-RYT 500 and special guest instructors for an “Edu-vacation OMmersion” in our Yoga Alliance Registered Cloud Nine Yoga 200-hr Certification course curriculum and experience the sacred art of yoga in Kauai paradise.

Training days are filled with experiential yoga anatomy, yogic philosophy, posture breakdowns, and practice teaching. Our retreat sanctuary will enhance your journey with local flavors, farm-to-table vegetarian meals, tropical fruits and flowers, as well as a plethora of fresh, clean air!

The healing waters of the island are truly a special aspect of which we experience as a group – from waterfalls to the great Pacific Ocean – it is a magical place of blessings and being blessed.

INCLUSIONS along with your yoga training ~

- Tropical Cuisine: 2 healthy, hearty meals per day provided onsite
- Sandy Beach Excursions
- Hula Dance Classes
- Farmer's Markets
- Hiking Trips
- Aloha Spiritual Studies with a Hawaiian Kumu



TRAVEL INFORMATION:

- Arrival: Jan 10th for settling in and Welcome Refreshments
- Jan 11th – 25th: Yoga Training OMmersion
- Jan 25th: Graduation Night Celebration
- Departure: Jan 26th by 12pm

SAMPLE DAILY SCHEDULE:

7:30 am – 9:30 am	Morning Yoga Practice
10:00 am	Blastoff Breakfast
11:30 am – 3:30 pm	Lotus Lecture – Anatomy & Asana Intensives
4:00 pm – 6:00 pm	Practice Teaching + BREAK
6:30 pm	Divine Dinner
8:00 pm – 9:30 pm	Evening Sessions

PRICING

Includes: CLOUD NINE YOGA 200 hr In-Depth Studies and Basic Yoga Teacher Certification tuition, Airport pickup/drop off from Lihue International Airport, Group Tours/Excursions, Tropical Cuisine, and Accommodations.

Not included: Round-trip Airfare, Required Course Materials (books), Offsite meals/shopping, optional onsite services such as massage, snacks/drinks and tips for service staff.

\$4999 Private, Single

\$4299 Double Room, Shared

\$3499 Dorm Quad, Shared

\$2999 Local/Stay Offsite (accommodations excluded – to include meals, transportation help trade or + \$299)



Optional Services:

- Massage, Reiki, Hypnotherapy, EFT by Certified Therapists

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

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

To Begin Registration, contact Erika Faith Calig @ 310.989.0878