



Hawaii Schedule :: August 5 – 22, 2015

Cloud Nine Yoga – Main Campus

CNY Senior Trainers: Erika Faith Calig & Terra Ann Pracht

CNY Anatomy Instructor: Adam Calig

CNY Intern/Student Advisor: Tiffany Shultz

PRE-TRAINING PREPARATION

- To Do:
 - Complete and submit application with deposit or full payment
 - Purchase books and supplies:
<http://cloudnineyoga.com/train/curriculum/required-reading-material/>
 - Purchase Cloud Nine Yoga digital download at www.Belnyoga.com
- Read: Farhi p. xiii – 80
- **SET TO ARRIVE ON SITE BY Tuesday, August 4, 2015**

Day 1 – Wednesday, August 5th

- 7:00 am Morning Yoga Practice: Setting Intentions (Erika)
- 9:00 am Blissful Breakfast
- 10:30 am Opening Ceremony, Introductions, Site Tour, Orientation (Terra)
- 12:30 pm Love Lunch
- 2:30 pm Lecture: What is Yoga? 8 Limbs, Yamas & Niyamas (Erika)
- 4:00 pm Asana Intensive: Experience the 7 Moving Principles (Erika)
- 6:30 pm Divine Dinner
- Homework:
 - Read: Farhi p. 81 – 105

LOCATIONS for classes:

Morning Practice, Anatomy, Asana Intensives, Peer Teaching: GROW ROOM
Most Quizzes, Lectures, Videos: LAKA LOUNGE

Day 2 – Thursday, August 6th

- 7 am Morning Yoga Practice: Opening The Heart (Terra)
- 9 am Blissful breakfast
- 10:30 am Lecture: How To Teach Yoga, Sequencing Basics, Intro to Sanskrit (Erika)
- 1 pm Love Lunch

- 2:30 pm Anatomy: The Big Picture. Understand the difference between Compression & Tension - complete coordinating Anatomy Worksheet in class (Adam)
- 3:30 pm Asana Intensive: Breath Instruction for Sun Salutes, Intro to Sun Salutations (1/2, Classical, A series) (Erika)
- 5:30 pm Peer Teaching: Pair Up and teach a couple Surya Namaskars! (Tiffany)
- 6:30 pm Divine Dinner
- Homework:
 - Read: Farhi p. 106 – 130
 - Anatomy: Complete Anatomy Worksheets: Vertebral Column and Diaphragm using *Yoga Body* p. 33 – 79 as a reference + *Save Your Neck & Breathing Room* Yoga Journal articles by Julie Gudmestad

Day 3 – Friday, August 7th GET IN THE WATER TODAY (Warm Pond)!!

Lunch to GO ;-)

- 7am Morning Yoga Practice: Yin/Yang Yoga (Tiffany)
- 9am Blissful Breakfast
- 10:30 am Lecture (**offsite**): Pranayama and Bandhas (Erika)
- 1 pm Love Lunch
- 2:30 pm Anatomy: Vertebral Column & Diaphragm (Adam)
- 3:30 pm Asana Intensive: Foundations in Standing & Balancing Poses: The Stances (Mountain, Forward, Side, Wide) (Erika)
- 5:30 pm Peer Teaching: Cuing, Voice & Pace focus teaching a 3-pose Standing Flow (Tiffany)
- 6:30 pm Divine Dinner
- Homework:
 - Read: Farhi p. 231 – 250
 - Complete Anatomy Worksheet: Understanding Basic Terms. Use *Yoga Body* p. 5 – 30 as a reference + *Basic Anatomy for Teachers 1, 2 & 3 and What's In A Stretch* Yoga Journal articles by Julie Gudmestad

Day 4 – Saturday, August 8th

- 7 am Morning Yoga Practice: Abs & Arms Power Yoga with Meditation Cards, Poems, Reiki & Inspirations (Erika)
- 9 am Blissful Breakfast
- 10:30 am Lecture: Four Types of Yoga, The Schools and Styles of Yoga, Meditation Practices and Philosophies, Sitting vs. Moving Meditations (Erika)
- 1 pm Love Lunch
- 2:30 pm Anatomy: Understanding Basic Terms, Grilley: Proportion & Orientation (Adam)
- 3:30 pm Asana Intensive: Review Basic 20 Vinyasa Flow Poses, Standing & Balancing Poses, All About Savasana & Adjustments (Terra)

- 5:30 pm Peer Teaching: Create a “script” with a partner for a Standing Sequence, then teach it! (Terra)
- 6:30 pm Divine Dinner
- Homework:
 - Read: Farhi p. 131 - 153

Day 5 – Sunday, August 9th **Farmer’s Market & Day Trip!** (Meals Offsite)

- 7 am Morning Yoga Practice: Get Your Pranayama On (Guest: Chuck)
- 9:30 am Offsite Yoga Adventure (Breakfast at Market, Lunch to go)
- Excursion to Boiling Pots (Waterfalls)
- 5:30 pm Back to Hawaiian Sanctuary
- 6:30 pm Divine Dinner
- Homework
 - Read: Farhi p. 154 – 170

Day 6 – Monday, August 10th **HULA TONIGHT, Schedule/Space Adjustment**

- 7 am Morning Yoga Practice: Healthy Hips, Knees, & Feet – Opening Your Lotus (Tiffany)
- 9 am Blissful Breakfast
- 10:30 am Lecture: Yoga Sutras of Patanjali, Hinduism (Erika)
- **2 pm Love Lunch**
- **3:00 pm CLASSES IN LAKA LOUNGE TODAY:** Anatomy: Shoulder vs Spine (Adam)
- **4:00 pm** Asana Intensive: Seated Postures, Forward Bends & Twists. (Erika)
- **5:30 pm** Peer Teaching: Group Practice teaching a C series Salutation without doing it! (Tiffany)
- **6 – 8pm HULA**
- 8 pm Divine Dinner
- Homework:
 - Complete Anatomy Worksheet “Shoulder Girdle” using *YogaBody* p. 153 – 170 + *Dump The Slump & Break Out of Your Slump* Yoga Journal articles by Julie Gudmestad

Day 7 – Tuesday, August 11th **GET IN THE WATER** (Waipo Tidepools)

- 7am Morning Yoga Practice: Intro to Back bending & Aromatherapy (Erika)
- 9 am Blissful Breakfast
- 10:30 am Anatomy: Shoulder Girdle (Adam)
- **11:30 am Depart OFFSITE to PLAY! Lunch to go.**
- 4:30 pm Listen to Nicolai Bachman CD, Review Sanskrit Terms (Terra)
- 5:30 pm Peer Teaching: Partner up to teach a Pranayama technique. (Tiffany)
- 6:30 pm Divine Dinner
 - Review: Farhi p. 70 – 80 (chakra anatomy), Read: Farhi p. 171 - 204 (back bends)

Day 8 – Wednesday, August 12th **UNCLE ROBERT'S NIGHT!** (Dinner Offsite)

- 7 am Morning Yoga Practice: Inspired Flow (Terra)
- 9 am Blissful Breakfast
- 10:30 am Lecture: Chakras East & West, Chakra Affirmations, The Psychology of Yoga – Yoga Is Therapy (Erika & Terra)
- 1pm Love Lunch
- 2:30 pm Anatomy: Review, Clarifications, Prepare for Anatomy Quiz on Basic Terms, Compression & Tension, Vertebral Column, Diaphragm (Adam)
- 3:30 pm Asana Breakdown: All About Back Bending (Erika)
- 4:30 pm Peer Teaching: Teach a 5-min Meditation + Warm-up sequence (Erika)
- **5:30 pm Depart to Uncle Robert's Market**
- Homework:
 - Complete Anatomy Worksheet for The Pelvis, Leg, Ankle & Foot using *YogaBody* p. 119 – 132 as a reference + *Feet First, Thighs Matter, The Long & Short of Legs, Get Hip About Flexors, and Great Gluts* Yoga Journal articles by Julie Gudmestad
 - Study for Anatomy Quiz

Day 9 – Thursday, August 13th

- 7 am Morning Yoga Practice: Slow Flow, Deep Stretch (Tiffany)
- 9 am Blissful Breakfast
- 10:30 am Anatomy Quiz: Anatomy Basic terms, Compression, Tension & Proportion, Vertebral Column and Diaphragm (Adam)
- 11:00 am Lecture: Ayurveda & Yogi Nutrition (Erika & Terra)
- 1 pm Love Lunch
- 2:30 pm Anatomy: Pelvis, Legs, Ankle & Foot (Adam)
- 3:30 pm Asana Intensive: Review Topics for Quiz on 8 Limbs, Yamas & Niyamas, 7 Moving Principles, Pranayama, Bandhas, Posture/Sanskrit ID, 4 Types of Yoga, Chakras. Q & A on Asanas taught so far. (Erika)
- 4:30 pm Peer Teaching: Teach 10-min sequence for beginners, Practice Teaching Savasana (Tiffany)
- 6:30 pm Divine Dinner
- Homework:
 - Read: Farhi p. 205 - 229
 - Complete Anatomy Worksheet for Elbow, Wrist and Hand using *YogaBody* p. 171 – 191 + Yoga Journal articles *Arms Control & Bearing Up Under Pressure* by Julie Gudmestad

**Day 10 – Friday, August 14th ~ NEW MOON DAY ~ Dolphin Swim
Special All-Day Adventure Planned!! Off To KONA early!!**

Day 11 – Saturday, August 15th

- 7 am Morning Yoga Practice: Intro to Inversions & Restoratives (Guest: Connie)
- 9 am Blissful Breakfast
- 10:30 am Topics Quiz: 8 Limbs, Yamas & Niyamas, 7 Moving Principles, Pranayama, Bandhas, Posture/Sanskrit ID, 4 Types of Yoga, Chakras (Terra)
- 11:00 am Kriyas (Terra)
- 1:00 pm Love Lunch
- 2:30 pm Anatomy: Elbow, Wrist, & Hand (Adam)
- 3:30 pm Asana Intensive: All About Inversions (Erika)
- 5:30 pm Peer Teaching: Sequencing four 15-min Quadrants to design a full 1-hr class, Plan out Presentations (Erika)
- 6:30 pm Divine Dinner
- Homework:
 - Complete Abdomen Worksheets using *YogaBody* p. 135-142 and *Forget Six Pack Abs* Yoga Journal article by Fernando Pages Ruiz
 - Read Farhi p. 205 – 230

Day 12 – 16^h **SUNDAY MORNING FARMER'S MARKET**

- 7 am Morning Yoga Practice: Surya Namaskars (Guest: Chuck)
- 9 am *Depart to Farmer's Market*
- **FREE TIME**
- 2:30 pm Anatomy: Abdominals (Tiffany)
- 3:30 pm Asana Intensive: Abdominal & Arm Balances (Terra/Tiffany)
- 5:30 pm Peer Teaching: Teach one of your 15-min sequences (Tiffany)
- 6:30 pm Divine Dinner
 - Homework: Read: Farhi p. 251 – 269

Day 13 – Monday, August 17th HULA TONIGHT, **Schedule/Space Adjustment**

- 7 am Morning Yoga Practice: Teaching Yoga to Kids (Tiffany)
- 9 am Blissful Breakfast
- 10:30 am Lecture: Ethics & Boundaries, NVC (Compassionate Communication Model) (Terra)
- **2 pm Love Lunch**
- **3:00 pm CLASSES IN LAKA LOUNGE TODAY** Professional Info for the Yoga Teacher (Erika)
- **4:00 Asana Intensive:** Pre/Post Natal Yoga, Partner Yoga (Erika & Terra)
- **6 – 8pm HULA**
- 8 pm Divine Dinner
- Homework:
 - Study for Pelvis, Legs, Ankles & Foot + Abs & Shoulder Girdle Quiz
 - Complete Anatomy Sheet on Injury & Modifications using *YogaBody* and *Sprained, Strained or Pained & Synovial Fluid and Inflamed Joints* Yoga Journal articles by Julie Gudmestad

Day 14 – Tuesday, August 18th GET IN THE WATER (Mermaid Ponds, Wa'a)
Lunch to GO ;-)

- 7am Morning Yoga Practice: Gentle, Chair & Restorative Yoga (Terra)
- 9 am Blissful Breakfast
- 10:30 am Quiz: Pelvis, Legs, Ankle & Foot + Abs & Shoulder Girdle (Tiffany)
- **11:00 am Depart for Offsite adventure. Lunch to go.**
- 1 pm Love Lunch (**offsite**)
- Back at HS by 2:30 pm
- 3:30 pm Anatomy: Injury & Modifications, Asana Intensive: Assists & Adjusts (Erika & Adam)
- 5:30 Practice Teaching: Teach and Adjust your 15 min presentation (Tiffany)
- 6:30 pm Divine Dinner
- Homework:
 - STUDY all quizzes to prepare for final
 - Practice teaching your presentation (over and over again!)

Day 15 – Wednesday, August 19th **POLESTAR KIRTAN & POTLUCK NIGHT**

- 7am Morning Yoga Practice: Yoga Poets Society (Erika)
- 9am Blissful Breakfast
- 10:30 am Lecture/Anatomy/Sanskrit: REVIEW in preparation for Final Anatomy test, Discussion: Comment Sheet for Final Presentation (Terra)
- 1pm Love Lunch
- 2:30 pm Peer Teaching: Run through your 15 min teaching presentation with peers (Tiffany)
- 5pm Depart to Polestar for Kirtan (bring Potluck goodies)
- Homework:
 - Continue fine-tuning final presentation, Be Ready to TEACH 15-min
 - Study for Tests: Weekly Topics, Asana Sanskrit, Anatomy Sheets
 - Prepare Final Student Survey (in manual)

Day 16 – Thursday, August 20th

- 7am Morning Yoga Practice: Yin Yoga (Terra)
- 9am Blissful Breakfast
- 10:30 am Lecture: Fill-in Tests, Sanskrit Identification, Anatomy: Fill-in Test, Submit: FINAL SURVEY, HAWAIIAN SANCTUARY QUESTIONNAIRE (Erika)
- 1pm Love Lunch
- 2:30 pm Asana Intensive: Teaching Presentations ALL DAY! (ALL)
- 5:00 pm Discussion: Feedback/Comment Sheets (ALL)
- 6:30 pm Divine Dinner

Day 17 – Friday, August 21st

- 7am Morning Yoga Practice: Thai Yoga Massage (Adam & Erika)

- 9am Blissful Breakfast
- FREE TIME
- 1pm Love Lunch
- FREE TIME
- 5:00 pm GRAD NITE CLOSING CIRCLE
- 6:30 PM DIVINE DINNER PARTY & CELEBRATION
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Day 18 – Saturday, August 22nd DEPARTURE ~ Breakfast Included, Check-out by 12noon

Schedule Subject to Change Without Notice: Please remain a flexible yogi

