

Yoga Teacher Training

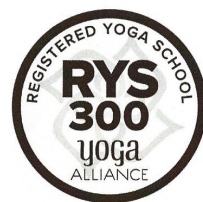
200-hour with Cloud Nine Yoga

2018 - Las Vegas, Nevada

"Representing heaven on earth" since 1995

Cloud Nine Yoga invokes the soul of every living being to awaken and act from their supreme nature with gratitude and play. We compassionately and blissfully empower ready beings to open their hearts & minds to experience their full potential through various types of ancient yogic systems, community gatherings, healing retreats, and other spiritually uplifting endeavors. As we walk this holistic path ourselves, we invite you to embrace and honor your truth, follow your soul's purpose, heal yourself and LIVE "NAMASTE" with us.

Learn more at www.cloudnineyoga.com



Schedule and Location

The Cloud Nine Yoga Nevada Branch 2018 *women only* training starts May 7, 2018 and will be held at Las Vegas Enlightenment Center, 5795 S. Sandhill Road, Suite B, Las Vegas, NV 89120. Weekly Lecture meetings and asana class will be held on Mondays from 6:00 p.m. - 10:30 p.m on the following dates: May 7, May 14, May 21, June 4, June 11, June 18, July 2, July 9, July 16, July 23, July 30, August 6, August 13, August 20, and August 27. Asana Intensives will be held on the following Saturdays from 9:00 a.m. - 6:00 p.m.: June 2, June 16, July 7, July 21, August 4, August 18, and August 25. Schedule is subject to change with notice.

Cloud Nine Yoga is a Registered Yoga School with Yoga Alliance.

Your Teacher

Rebecca "Rebe" Taylor, E-RYT500, RCYT, RPYT (Cloud Nine Yoga Faculty)

Rebe is an Advanced Yoga Instructor and Teacher Trainer for Cloud Nine Yoga School. She began practicing yoga in 1997 and integrated it into all aspects of her life. In 2004, she began teaching with her newborn son and created the Yoga Mommies Hiking Club in Las Vegas. Realizing yoga as her life path, she pursued her advanced yoga certification. Rebe is a Reiki Master, Radiant Child Yoga Instructor, and Blessed Mother. She loves hiking and being close to nature. Her specialties include Meditation, Mantras & Chanting, Reiki Workshops & Attunements, Kids Yoga, Prenatal Yoga, Mommy & Baby Yoga, and Spiritual Guidance.



R.Y.T 200 Level Program Breakdown:

180 Contact Hours + 20 Non-Contact Hours
Asana Intensive Classes: 40 – 60 contact hours
Weekly Lecture Meetings: 30 – 45 contact hours
Internship: 20 – 35 contact hours
In-Class Asana Practice: 45 – 70 contact hours
Retreat: 45 – 65 contact hours
Homework & research: 20 – 90 non-contact hours



Subjects Covered:

Yoga Anatomy and Physiology, Applied Teaching Methodology and Practice, Sequencing, Yoga History & Philosophy, Yogic Living/Nutrition, Ethical Guidelines, Sanskrit, Asana Benefits & Contraindications, Cuing, Vocal & Hands-on Adjustments, Partner Work, Thai Yoga Massage, Patanjali's Yoga Sutras, Bhagavad Gita, Deities & Avatars, Understanding the Importance of the Guru, The Schools of Yoga, Chakras & Psychology of Yoga, Mudra & Mantra, Bandhas & Kriyas, Ayurveda, Professional Info for the Yoga Teacher, Yoga for Seniors & Motion Restriction (Chair Yoga), Intro to Pre Natal Yoga, Yoga for Kids, The Seven Moving Principles AND all the Asana Breakdowns for teaching all levels of students (Sun Salutations, Forward Bends, Back Bends, Inversions, Core Strengthening, Balancing & Standing Postures, Hip & Heart Openers).

Required Fees:

Enrollment Fee - \$400
Tuition - \$2599 (asana intensives & weekly lecture meetings)
Retreat - \$450 – 950 (varies by date, location and training team)
Books/Supplies - \$70 – 100 (manual + reading materials)
In-Class Asana Practice - Varies by class/instructor (call for details)
Payment arrangements are available.

Contact our Nevada Branch

Rebe - Rebecca Taylor 702-530-YOGA (9642)
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cloud nine yoga
studio & school