



# Yoga Teacher Training

200-hour with Cloud Nine Yoga

*2014 - Sandy Valley, 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](http://www.cloudnineyoga.com).



## *Schedule and Location*

The Cloud Nine Yoga Nevada Branch 2014 *women only* training starts April 24, 2014. Weekly Lecture meetings will be held on Thursdays from 6:00 p.m. - 10:00 p.m. on the following dates: April 24, May 1, May 15, May 22, June 5, July 10, July 17, July 31, August 7, August 21, August 28, August 14, August 28, September 11, and September 18. Asana Intensives will be held on the following Saturdays from 12:00 p.m. - 8:00 p.m.: May 10, May 31, July 12, July 26, August 29, August 23, and September 6. 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 (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:*

Tuition - \$2200 (asana intensives & weekly lecture meetings)

Retreat - \$450 – 950 (varies by date, location and training team)

Books/Supplies - \$70 – 100 (manual + reading materials)

*Payment arrangements are available.*

## *Contact our Nevada Branch*

Rebe - Rebecca Taylor 702-530-YOGA (9642)

[rebe@cloudnineyoga.com](mailto:rebe@cloudnineyoga.com) | [www.cloudnineyoga.com](http://www.cloudnineyoga.com)



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