



# Cloud Nine Yoga

300-hour Advanced Master Yoga Teacher Training

*2012 - 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](http://www.cloudnineyoga.com)

## *Schedule and Location*

The Cloud Nine Yoga Nevada Branch 2012 *women only* training starts April 16, 2012. Weekly meetings will be held on Mondays from 5:30 p.m. - 9:30 p.m. We will meet the following weekends: April 21-22, May 5-6, June 16-17, June 30-July 1, and August 4-5 in North Las Vegas with occasional “field trips”. Schedule is subject to change with notice.

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

## *Your Teachers*

*Rebecca “Rebe” Taylor, E-RYT500 (Cloud Nine Yoga Faculty)  
and Erika Faith, E-RYT500 (Founder Cloud Nine Yoga)*

Rebe and Erika discovered their spiritual sisterhood more than two decades ago. This intuitive pair communicates without words and classes become spontaneous play guided by higher communication. It is with excitement that Erika will be traveling to Las Vegas for the highlights of this course. Detailed biographies available at [www.cloudnineyoga.com](http://www.cloudnineyoga.com).



## *To complete your RYT 500 with Cloud Nine Yoga*

1. Graduate from a 200-hr RYT Program
2. Take our entire 5 – 6 month Master Yoga Program (offered at several locations each year)
3. Spend 60 hours with a mentor teacher (at your leisure)
4. Complete 100 hours teaching your own classes



## *Hours Breakdown*

1. 170 hours - (contact) of workshops and lectures with CNY E-R.Y.T. 500 trainers and guest faculty
2. 60 hours - (contact) of retreating with CNY teachers/faculty. This retreat cost is not included in your tuition for the program and must be handled separately. A five day minimum on retreat with a Cloud Nine Yoga Teacher Trainer is required for certification.
3. 40 hours - (contact) of internships in your area with a CNY teacher of your choice. We can either allow you to work with a class at the studio or you can ask someone to be your mentor for these hours. This teacher must be a Teacher Trainer (E-RYT or equivalent). You may also complete your internship in a Cloud Nine Yoga 200 hr Teacher Training with one of our affiliated branches.
4. 30 hours - (contact) of taking regular studio or gym classes as a student. This includes all the time you spend practicing in the presence of a Cloud Nine Yoga Teacher of your choice. We would like to add that any style yoga classes that support your being the most marvelous and authentic YOU will count here, as long as you are in the light of another marvelous and authentic teacher. This amounts to one practice class per week.

In addition, Yoga Alliance requires the following for RYT 500 designation:

100 hours - (non-contact) of teaching. We can oversee your teaching hours by helping you find classes if you don't already have one. There are always opportunities to find work teaching and subbing with other Cloud Nine Yoga staff and teachers.

50 hours - (non-contact) of personal studies and volunteering. Personal studies include: reading our required book assignments, internet research, writing homework, etc. and all other time you spend outside the class environment in support of what you are learning in the program. Seva (service) or volunteering is also an option here, which you can share your special talents with the world in some way.

### *Topics Covered*

*Module 1:* Anatomy of Hatha Yoga, Kundalini Yoga, Ayurveda, Injury Prevention and Yoga Therapy (specifics on fatigue, ACL, rotator cuff, arthritis & skeletal injuries)

*Module 2:* Kirtan, Mantra, Core Sequencing, Ecstatic Yoga, The Chakras, The Language of Hard & Soft Adjustments (focus on meanings, history & application of all topics)

*Module 3:* Thai Yoga Massage, Energetic Touch, Reiki, Conducting Private Lessons, Contact Yoga (Partner Work), Body Assessment (non verbal & verbal communication)

*Module 4:* Planning a Retreat, Designing a Workshop, Vinyasa Flow teaching All Levels through Level 2/3, Yoga Sutras Study, Intelligent Sequencing (deepening our yoga as an advanced teachers)



*Module 5:* Yoga & Buddhism, Tantra, Yin Yoga (how yoga ties in perfectly with many mystical practices & experiences)

*Module 6:* Yoga for Seniors & Motion Restriction, Yoga Playshops (Kids, Mantra), Pre Natal Yoga, Art Meditation and Dream Boards, Living Yoga Day-to-Day & Guiding the Journey (bringing in the fun and the spiritual to expand joy to all people: young, old and in-between)

## *Tuition*

Advanced Teacher Training Tuition: \$3300 (\$400 of this is a non-refundable deposit sent with your application upon registration). A 10% discount is available if balance is paid in full by the first meeting.

5 installments method: \$580 per month/module (\$2900 balance due after \$400 deposit, due the first day of each module).



Individual Weekly Meeting Night Drop In Rate (3-4 hrs): \$75 – \$100 each  
(\$25 per credit hour)

Individual Saturday or Sunday Intensives Drop In Rate (6-8 hrs): \$150 – \$200 each  
(or \$25 per credit hour)

## *Contact our Nevada Branch*

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cloud nine yoga  
studio & school

