

# CLOUD NINE YOGA IMMERSION

2-Week Yoga Teacher Training (200-hr RYT Certification)

## A TROPICAL TRANSFORMATION ...in the spirit of ALOHA

Join us in the spirit of Pele, near one of the most active volcanoes in the world: Mauna Loa. Ignite your internal fire through spiritual and physical cleansing.



Have you considered a certification course yet prefer to take a break from your normal life? This 2 week Edu-Vacation will be a pulsing with radiant YOGA studies, yet fully supported by community, nature and quiet moments of deep healing.



Join Erika Faith Calig, Terra Ann and guest teachers as we delve deep into the playful, ecstatic and exploratory style of Cloud Nine Yoga.

### **The Wow of Immersion**

Our full days of yoga anatomy, philosophy, history, practice, Sangha (sacred council) and Seva (meditative action) will be enhanced with Tropical Cuisine from on-site and local farms as well as:

- Warm Ponds, Swimming & Snorkeling
- Spirit Hula Dance with Kumu Ehulani
- Walks near the edge of the Pacific Ocean
- Sacred Sites few tourists ever get to see
- Local Farmer's Market Shopping



### **Timing It All**

- Arrival by the evening of January 6th to settle in (snacks provided)
- January 7th - 22<sup>nd</sup>: Yoga OMmersion
- Evening of January 22<sup>nd</sup>: Hawaiian Style Graduation Celebration
- Departure: January 23<sup>rd</sup>

### **A Day In The Life...**

7:00 AM – 9:00 AM	MORNING YOGA PRACTICE
9:00 AM – 10:00 AM	BLISSFUL BREAKFAST
10:00 AM – 12:30 PM	LOTUS LECTURES
12:30 PM – 2:30 PM	LOVE LUNCH + FREE TIME
2:30 PM – 6:00 PM	ASANA & ANATOMY INTENSIVES
6:00 PM – 7:30 PM	DIVINE DINNER
7:30 PM – 9:00 PM	REST/STUDY



### **Pricing & Inclusions\***

- Cloud Nine Yoga 200 hr In-Depth Studies & Yoga Teacher Certification Tuition
- Excursions & Ground Transportation
- Tropical Cuisine
- Ozone Jacuzzi & Infrared Sauna
- Special Community Events

Check [Hawaiian Sanctuary](#) for more details and see photos of the land where we gather.

\$4,795 Private Room, Single Occupancy (Tempurpedic Bed in Lodge Room)  
\$3,995 Shared Jungalow Accomodations  
\$2,995 Local or Stay Off Site  
+ *Hawaii State tax of 4.6%*

\* Airfare not included. Arrangements to fly into **Hilo International Airport** and associated fees are participant's responsibility. Please purchase required Course Materials prior to travel and bring with you: <http://cloudnineyoga.com/train/curriculum/required-reading-material/> Bring spending money for tips, snacks, elixir bar, shopping and farmer's market.



Optional Services Available (fees \$90 per session):

- Watsu (water shiatsu massage)
- Massage w/ Certified Massage Therapists
- Colon Hydrotherapy

Contact Information & Making Payments:

- Credit Card Payments incur 4% processing fee
- Make a check or money order payment, and send along with your application to:

Cloud Nine Yoga Hawaii  
PO Box 1222  
Pahoa, HI 96778  
310.261.2587  
[Yoga@HawaiianSanctuary.com](mailto:Yoga@HawaiianSanctuary.com)

### Your Fearless Teachers & Leaders

**Erika Faith Calig, E-RYT 500**, Founder & Director of Cloud Nine Yoga School, LLC and Head Teacher for CNY Trainings USA & Abroad: With over 20 years of experience in Yoga and Transpersonal Psychology, Erika facilitates awakening in her students through sacred movement, aromatherapy, inspirational music, poetry and art. She assists each person to find heartfelt answers by asking the right questions and cultivates internal sacred healing space for a peaceful life and practice. Erika is an influential Master Teacher who has been carefully training and uplifting Yoga Teachers since 1999. Her kindness meditations, electrifying sequences and loving presence are memorable to all who experience her teaching. Her other Yoga practices include: being a Mommy, gardening, conscious living and having an extraordinary marriage with her husband, Adam.



**Terra Ann Pracht, E-RYT 200**, Director of Programs at Hawaiian Sanctuary, Center for Well Being and Cloud Nine Yoga Tribe Member for 10 years. Terra Ann thrives by gathering Spirit Family for Education and Community Health thru yoga trainings, fasting retreats/cleanses, farm studies and more. Based on the teachings of Erika Faith and Rodney Yee, Terra Ann guides proper technique with compassion for every BODY. The Hawaii Cloud Nine Yoga School is grounded by her year-round commitment to gathering the best teachers and RIPE students to share in Tropical Transformations. She is a coach for Yoga Teachers reminding us to be gentle with all that come to our classroom. It's a special art of listening and guiding.  
*Let US build commUNITY.*