

# 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:

- A Dolphin Excursion in Kona
- Trip to Ancient Warm Ponds
- Spirit Hula Dance with Kumu Ehulani
- Full Moon Lava Walk
- Hike to Waterfalls on the Hamakua Coast
- 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...

6:30 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 – 6:30 PM

ASANA & ANATOMY INTENSIVES

6:30 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
- Dolphin Excursion
- Group Tours
- Tropical Cuisine + fresh coconuts
- Ozone Jacuzzi & Infrared Sauna
- Special Music Performances and Select Community Events

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

\* Transportation not included. Airfare to Hilo International Airport and shuttle fees are participant's responsibility. Please purchase required Course Materials prior to travel and bring with you. Bring spending money for tips, snacks, shopping and farmer's market.



**Optional Services Available:**

- Watsu (gentle, soothing massage in healing waters of champagne ponds)
- Massage w/ Certified Massage Therapists
- Colon Hydrotherapy

**Making Payments:**

- Checks Paid In Full before November 5<sup>th</sup>, Receive \$200 discount.
- Credit Card Payments incur 4% processing fee
- Mail payment, along with your application to:

Cloud Nine Yoga Hawaii  
PO Box 1222  
Pahoa, HI 96778

**Contact**

To Begin Registration, call Terra Ann @ 310.261.2587 or email:

[Yoga@HawaiianSanctuary.com](mailto:Yoga@HawaiianSanctuary.com)

Books must be ordered/purchased upon registration: **CLICK HERE** for information:

<http://cloudnineyoga.com/train/curriculum/required-reading-material/>

Check out [www.HawaiianSanctuary.com](http://www.HawaiianSanctuary.com) for more details about the land where we gather.

**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.

*"Erika has created a safe haven for students of all levels, ages and abilities to learn how to share the benefits of yoga. This phenomenal woman has a presence that lights up a room. She makes people laugh and has the power to help shift a person's inner dialogue. A great many teachers emulate the grace, playfulness and community that Erika brings to this world." - Lawrence Walters, Astrologer*



**Terra Ann Pracht**, Director of Programs @ Hawaiian Sanctuary, Center for Well Being PLUS Cloud Nine Yoga Tribe Member for over 7 years (E-RYT 200). 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.*







