

**2014 Cloud Nine Yoga School, Murrieta**  
Master Training and Advanced Yoga Teacher Certification Schedule  
September 5 – February 20, 2014  
Hosted by: Isvara Yoga

**MODULE 1 FOUNDATIONS: Ayurveda, Anatomy + Kundalini Yoga**

Required Reading: Perfect Health by Deepak Chopra, MD

Week 1 \* Read Chapters 1 – 3 (Chopra)

***Application/\$400 Deposit + Retreat Payment Due***

SEPT 5: Introductions, Orientation, Ayurveda Intro & Ayur Yoga Practice

Week 2 \* Continue Chopra Book

SEPT 11 – 14, 2014 :: ***Raising Your Vibration Retreat***

Tuscany Hills Resort & Spa

Escondido, CA

Week 3 \* Read Chapters 4 – 6 (Chopra)

SEPT 19: Kundalini Yoga Intro & Practice

***Payment 1: \$500***

Week 4 \* Coloring Book: Anatomy Pages, Review & Fill out pgs. 32 -33 of Manual, Read supporting YJ Articles

SEPT 26: Anatomy of Yoga, Disease & Injury, Preventing Injuries & Modifying Postures

Week 5 \* Read Chapters 7 – 9 (Chopra)

OCT 3: Going Deeper: Ayurveda & Kundalini Yoga

Week 6 \* Read Chapters 10 – EPILOGUE (Chopra)

OCT 10: The Power of Teaching Yoga

**Module 2 THE CENTRAL CHANNEL: Core Sequencing + The Chakras**

Required Listening: Radical Transformation by Julian Walker (8 CD Set)

Week 7 \* Listen to Walker CD Lecture 1a

OCT 17: Practice Together 1b, Intro to Chakra Anatomy, Root/Sacral Chakras

***Payment 2: \$500***

Week 8 \* Listen to Walker CD Lecture 2a

OCT 24: Practice Together 2b, Discuss: Solar/Heart Chakras, The Energy Body

Week 9 \* Listen to Walker CD Lecture 3a

OCT 31: Practice Together 3b, Discuss Heart/Throat, Body Psychology

Week 10 \* Listen to Walker CD Lecture 4a

NOV 7: Practice Together 4b, Discuss: 3rd Eye/Crown, Psychic Phenomenon

Week 11 \* Make a CD for each person in the group with your favorite chants/music

NOV 14: Share Kirtan/Music Together, Sanskrit Review, Yoga Nidra

### **Module 3 SHARING THE ABUNDANCE: Partner Yoga, Thai Massage & Reiki**

Suggested Reading: Contact: The Yoga of Relationship by Tara Lynda Guber

Week 12 \* Read Chapters 1 – 4 (Guber)

NOV 21: Reiki 1 & 2 Practitioner Training

**Payment 3: \$500**

Week 13 \* Read Chapters 5 – 8 (Guber) + Google “REIKI” and explore online

NOV 28: Ethical Guidelines, Conflict Resolution, Yoga of Communication, Partner Yoga

Week 14 \* Google “Thai Yoga Massage” and explore online

DEC 5: Thai Yoga Massage Playshop

Week 15 \* Read Chapters 9 - 12 (Guber)

DEC 12: Reiki Master-Teacher Training Day

### **Module 4 INNER & OUTER WISDOM: Sutras & Sequences**

Required Reading: The Secret Power of Yoga by Nischala Joy Devi

The Radiance Sutras by Lorin Roche, PhD

Week 16 \* Read Intro & Book I (Samadhi Pada Chapters 1 – 4, Devi), Intro – Sutra 25 (Roche)

DEC 19: How to Coach a Client, Conducting Private Lessons, Organizing & Planning Workshops & Retreats, Review Tips for Cuing Classes: A Refresher

**Payment 4: \$500**

Week 17 \* Read Book I (Samadhi Pada Chapters 5 – 7, Devi), Sutras 26 – 50 (Roche)

DEC 26: Samadhi Pada Discussion, Intro to Vijnana Bhairava Tantra, Solo Rendering of a Radiance Sutra. PRACTICE: Ashtanga Primary Series (modified)

Week 18 \* Read Radiance Sutras 51 – Sutra 70 (Roche), continue with Devi Book...

JAN 2: Partner Sutra Expression, Finish Samadhi Pada Discussion, Break down Ashtanga Primary Series

Week 19 \* Read Book II (Sadhana Pada Chapters 1 – 8) (Devi), Radiance Sutras 71 – 112 (Roche)

JAN 9: Sadhana Pada Discussion, Final Memorized Sutra Performance.

PRACTICE/REVIEW: Intelligent Sequencing & Advanced Flows

### **Module 5 & 6 THE ART OF LIVING YOGA: Specialty Classes**

Required: Insight Yoga by Sarah Powers

Recommended: Living Yoga (ed. Feuerstein/Bodian)

Week 20 \* Start Preparing Your Workshop Presentation (45 min mini workshop)

JAN 16: Prenatal Yoga, Post Natal/Baby & Me, Yoga For Children Workshop

**Payment 5: \$500**

Week 21 \* Continue Preparing for final Presentation **DUE FEB 20**

JAN 23: Teaching Seniors & Motion Restricted Adults, Chair/Gentle Yoga Workshop

Week 22 \* Read/Review Chapters 1 - 7 (Powers)

JAN 30: Yin Yoga Intro, Aromatherapy Basics. PRACTICE: Yin Yoga & Mindfulness, Kidney/Bladder Sequence & Aromatherapy

Week 23 \* Read/Review Chapters 8 – 14 (Powers)

FEB 6: Deeper Look at Yin, Yoga & Buddhism, Pranayama & Meditation Review.  
PRACTICE: Yin/Yang Flows & Sequences

Week 24 \* Read/Review Chapters 15 – 20 (Powers)

FEB 13: Art Meditations & Living Yoga

***Final Payment Due: \$500***

Week 25 \* Final Prep for Presentations!!!

FEB 20: Workshop Presentations & ***GRAD NIGHT!***

#### FINAL PROJECT

FEB 20 – Design a specialized workshop on your favorite yoga topic. Show the class your creative spirit and take us through a 45 - 60 minute “mini” class for your presentation. Teach it from your experience and perspective! Hand in an explanation and outline to the lead teacher with a marketing flyer. Include all the details of your workshop or specialty class and any supporting references you have.

#### ADDITIONAL NOTES

\* Fees are based on the entire program or module. If you are sick or miss for any reason, a make-up session can be scheduled at \$60 per hour for a private (2.5 hrs min needed for missed sessions). \_\_\_\_\_ initial

\* No refunds are given. If you must leave the program for any reason, including illness or hospitalization, you will be offered the pro-rated remainder of your credit to be used for future Cloud Nine Yoga offerings through Erika. \_\_\_\_\_ initial

\* No reminders are given. Enrollee is responsible for all book purchases and assignments given by Cloud Nine Yoga Advanced Training teachers in preparation for each topic meeting and Asana Intensive. \_\_\_\_\_ initial

TOTAL CONTACT HOURS PROVIDED IN CURRICULUM: Approx. 125 HOURS. Additional Requirements: RETREAT: 40 – 60 hrs, INTERNSHIP: 40 – 60 hrs, PRACTICE: 40- 60 hrs, Non-Contact ~ PERSONAL STUDIES: 40 – 60 hrs, TEACHING: 100 hrs

SCHEDULE IS SUBJECT TO CHANGE WITHOUT NOTICE.

Thanks for remaining a flexible yogi! © Cloud Nine Yoga