

CLOUD NINE YOGA

Raising Your Vibration Retreat
September 11 - 14, 2014

"The beauty of a piece of music is not in its technique but in the Soul of its creator; nor is it in the sound vibrations of the piece but in the silence of the Light from which the sound springs." ~ Walter Russell

SCHEDULE

Thursday, September 11

Theme: ROOTING DOWN, DROPPING IN

Arrive anytime after 3:00 pm, but before 5:30 pm to get settled!

6:00 pm Sunset Yoga with ERIKA & Opening Ceremony (Yoga Lawn)

7:30 pm Divine Dinner Buffet (Briarwood Room)

FREE TIME: Soak, Settle, Sing, Sleep

NIGHTLY QUIET HOURS: 10:30 pm – 9:00 am

(thank you for keeping your voices low & respecting the retreat environment during this time)

Friday, September 12

Theme: OPENING TO FREEDOM

7:30 – 9:00 am Backbend Bliss & Happy Hips with ALISHA (Renaissance Room)

9:00 – 10:00 am Bliss Breakfast Buffet (Briarwood Room)

Staff Intros and Announcements

FREE TIME: Read, Relax, Massages, Pool Time, Elixir & Snack Bar OPEN!

2:00 pm Partner Play with SCOTT & SANDRA (Yoga Lawn)

5:00 pm Divine Dinner Buffet (Briarwood Room)

7:30 pm FUNky Friday Yoga & 4 Elements Dance with ERIKA & DJ BONZILLA (Renaissance Room)

Saturday, September 13

Theme: UNITY CONSCIOUSNESS

7:30 – 9:00 am Take Flight with SANDRA (Renaissance Room)

9:00 am Bliss Breakfast Buffet (Briarwood Room)

FREE TIME: Read, Relax, Massages, Pool Time, Elixir & Snack Bar OPEN!

2:00 pm Sacred Art, Restorative Yoga & Nature Wisdom with ERIKA (Yoga Lawn)

5:00 pm Divine Dinner Buffet (Briarwood Room)

7:30 pm Yin + Yang with ALISHA + SCOTT & MENTAL PHYSIX (Renaissance Room)

Sunday, September 14

Theme: GIFTS TO GAIA/PANCHAMAMA

7:30 am SoulFlow with SCOTT & DJ DRU from Mental Physix (Renaissance Room)

9:00 am Bliss Breakfast Buffet (Briarwood Room)

11:00 am Departure

OUR STAFF:



LEADER: Erika Faith, E-RYT 500 of Cloud Nine Yoga Founder/Director. Our Yoga Mama, Earth Goddess, and Priestess of Ceremony. With two decades of experience as a yoga teacher and retreat facilitator, Erika brings her creative, fun-loving, playful attitude to blend integrative healing arts to a solid, yogic environment. She's our tree hugging, sacred arts, yoga & dance enthusiast, and Spirit Guide. In her classes, you'll enter the cosmic vortex, where mystic energy infuses the light body. Honoring the Great Spirit, Mother Gaia and all the elements, Erika weaves a heartfelt rainbow quilt of community through yoga flows, rhythm and poetry. We become all beings, all times, all states - past, present and future. Our feet touch the ancestors and our souls soar to orbit infinity.

CHEF: Ellie Lara of Earthly Juices *Ellie inspires others to live a powerful, positive, eco-aware lifestyle by demonstrating new healthy eating habits and adopting new attitudes towards the foods we eat. Ellie's life has been transformed by a regular yoga and meditation practice, and of course by eating living foods and drinking fresh vegetable and fruit juices on a regular basis! She is an excellent listener and an amazing living juice specialist. Chef/Nutritionist Yolande Smith will be helping us with our break-out bar and light evening prep, and will be just coming up for the days only on Friday and Saturday <http://www.livingfoodswithyolande.com/>. Chef Jen Houst will be Ellie's assistant throughout the retreat.*



POWER COUPLE: Scott & Sandra Winslow of YogaBody

Scott encourages students with a powerful union of deep breath and mindful movement to uplifting music, flowing seamlessly through sequences of postures that emphasize proper body alignment. Scott has a commanding voice that inspires students to push through their physical and mental limitations while inviting them to discover the calming stillness that lies within. **Sandra** was introduced to the discipline of martial arts at the age of five; thus felt right at home with the challenge and grace she recognized during her very first yoga class. Drawing strong parallels from body awareness and discipline that yoga shares with martial arts, she knew immediately that she would be a lifelong yogi. She enjoys teaching strong flows to challenge her students allowing them to realize their full potential by tapping into their inner strength and affirming that, "When we deepen our breath and quiet our mind, we are much stronger than we think we are."



YOGINI: Alisha Vasquez teaches yoga throughout Southern California and leads 200 hour teacher trainings with Cloud Nine Yoga. When she's not teaching or practicing, she's either learning about, writing about, or dreaming about yoga. Her classes are energetic and athletic, although balanced with the spiritual practices of pranayama, mantra, and meditation.

**FUNKY FRIDAY MUSIC MEDICINE:
DJ Bonzilla ----->**

On a mission to provide a soundtrack to a spirited life, John Bonner aka BONZilla blends deep and mystical vibrations over dynamic energetic beats. His love for teaching and practicing yoga is balanced with years of DJing left coast nightlife. The result is a stimulating journey toward a lively awakening.



SATURDAY NIGHT'S EPIC BEATS

<-----DJ Mental Physix The third eye is the invisible brow chakra thought to provide perception into esoteric, mystical domains. If there was a third ear, it would hear sounds similar to Mental Physix's deep beats...

WHAT TO BRING

Open Mind & Willingness to Heal
Journal, Book, Yoga Mat, Yoga Blanket, Props You May Need
Festival and Yoga wear (Fun costumes & comfortable, cozy layers)
Refillable Water Bottle
Natural body products, Toothbrush
Bathing Suit, Hat, Sunglasses, Sunscreen
Travel Mug for Tea/Coffee
Any Medications You May Need
EXTRA CASH for our yummy Elixir Bar & Lounge
Grab and go snacks, fresh pressed juices and tonics from \$3 – 8

RETREAT DISCRITION: *SEPTEMBER 11 - 14, 2014* Praising is the raising of Vibration. We come together during this time to anchor in a new consciousness: one of Gratitude, Collaboration, Abundance, and Wellness for all. The vision we hold in unison for this retreat brings the WHOLENESS of the SOUL to the forefront of our lives. As a collective, we'll step into our power to move, to pulse, to sing and dance the body ELECTRIC -- through yoga, meditation, dance, music. Accessing the INFINITE Space Within, we take silence, sacred reflection time to listen deeply to the Divine Guidance operating inside and all around. Sharing in the heart of EXPANSION, we drop the old haunts and clear out the webs, allowing for our fierce vulnerability and epic freedom in LOVE, COMPASSION, & FORGIVENESS. Beyond our conditioning is the authentic expression of our personal vibration. This we will seek... this we will find.

A limited number of Day Passes are available for the hours between 6:30 am - 10:30 pm for the day(s) of purchase and does not include overnight accommodations. Participants with day passes must leave the retreat property by 11:00 pm and stay offsite. NO GUESTS ARE ADMITTED WITHOUT A DAY PASS. Each day pass is good for 12 hrs towards the retreat requirements for Cloud Nine Yoga School. \$188 (1 day, Fri or Sat), \$299 (2 day pass, Fri and Sat).

Full Retreat participants receive a beautiful, fully equipped and comfortable suite at the resort, all High Vibe Yoga classes & movement workshops, 24 hr use of the Resort property amenities (sparkling pool, soaking tubs, meditation spots galore, and dry sauna), delicious professionally catered super-food vegan meal buffets, morning smoothies, and nightly live DJ'd Yoga Dance Parties. Starting at \$444 for a 4 person, two queen bedroom and up to \$1333 for a Private Suite. Couples and double rooms available for only \$999 per person. Other options available! See link.

REGISTER at: <https://squareup.com/market/erika-calig/raise-your-vibration-retreat>
THERE ARE NO PARTIAL REFUNDS for late arrival or early departures on FULL or DAY registrations.

Additional Services (to be booked separately with the Resort):

Offsite excursions
Wine Tour add \$89
Hot Air Ballooning Tour add \$170 – 249
18-hole Golf add \$79

Massage or Bodywork Sessions
60 min \$85
90 min \$115

PLEASE schedule all services in advance, as there are limited space and times available.
Reservations: (760) 749-1290

RESORT ADDRESS & PARKING

Tuscany Hills Resort
29850 Circle R Drive
Escondido, CA 92082
(760) 749-1290

Carpooling encouraged. Please park cars in the main lot. Check in is located at the Main Lobby.