



300-hr Advanced Yoga Teacher Certification

September 23 – December 16, 2017 :: Temecula, CA – Saturdays 1 – 5pm

October 19 -22, 2017 :: Desert Hot Springs, CA – 3-day Retreat

June 13 – 28, 2018 :: Kauai, HI -- 16-day Training Retreat

**Lead Facilitator - Erika Faith Calig
+ Special Guest Teachers**

Required Reading: Perfect Health by Deepak Chopra

- Read Chapters 1 – 3 (pgs. 3 – 86, Chopra)
- Attend Kundalini class w/ Devi Atma Kaur

SEPT 23: OPENING CIRCLE

ANATOMY OF YOGA REVIEW, INJURY & DISEASE - ERIKA

PREVENTING INJURIES & MODIFYING POSTURES - ERIKA

- Read Chapters 4 – 6 (pgs. 87 – 149, Chopra)
- Attend a Kundalini class w/ Devi Atma Kaur

SEPT 30: ENERGY BODY & THE CHAKRAS - ERIKA

VEDIC ASTROLOGY + AYURVEDA INTRO – GUEST TEACHER AMIT GARG

- Read Chapters 7 – 9 (pgs. 151 – 231, Chopra)
- Attend a Kundalini class w/ Devi Atma Kaur

OCTOBER 7: YOGA NIDRA, AYURVEDA HEALTH & NUTRITION - ERIKA

BODY PSYCHOLOGY & PSYCHIC PHENOMENON – ERIKA

- Read Chapters 10 – EPILOGUE (pgs. 235 – 375, Chopra)
- Attend a Kundalini class w/ Devi Atma Kaur

OCTOBER 14: REIKI PRACTITIONER TRAINING - ERIKA

Required Reading: Radiance Sutras by Lorin Roche, PhD

- * Read Radiance Sutras/Yuktis (1 - 20, Roche)
- * Attend a Cloud Nine Flow class

OCTOBER 19 – 22: DESERT HEALING RETREAT – CLOUD NINE YOGIS

- * POWER OF TEACHING * BANDHAS * KIRTAN * YIN REIKI RESTORE * INVERSIONS * AYUR YOGA
- * CORE SEQUENCING THE CHAKRAS * TAROT * 4 TYPES OF YOGA * THAI MASSAGE * VINYASA * PARTNER & ACRO YOGA

OCTOBER 28: FAMILY CONSTELLATION WORK – GUEST TEACHER SARA FANCY

- * Read Radiance Sutras/Yuktis (21 – 40, Roche)
- * Attend a Cloud Nine Flow class

**NOVEMBER 4: COACHING CLIENTS, CONDUCTING PRIVATE LESSONS – ERIKA
YOGA OF COMMUNICATION, NVC, BOUNDARIES & ETHICS**

- * Read Radiance Sutras/Yuktis (41 – 60, Roche)
- * Attend a Cloud Nine Flow class

NOVEMBER 11: REIKI MASTER TEACHER TRAINING - ERIKA

- * Read Radiance Sutras/Yuktis (61 – 80, Roche)
- * Attend a Cloud Nine Flow class

**NOVEMBER 18: SEQUENCING, CUIING & CONDUCTING CLASSES - ERIKA
PLANNING WORKSHOPS & RETREATS**

- * Read Radiance Sutras/Yuktis (81 – 112, Roche)
- * Attend a Cloud Nine Flow class

THANKSGIVING BREAK

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

- * Read Secret Power of Yoga (1 – 87, Devi)
- * Attend a Yin Yoga & Meditation class

DECEMBER 2: YOGA SUTRAS OF PATANJALI SAMADHI PADA - ERIKA

- * Read Secret Power of Yoga (88 – 162, Devi)
- * Attend a Yin Yoga & Meditation class

DECEMBER 9: YOGA SUTRAS OF PATANJALI – SADHANA PADA - ERIKA

- * Read Secret Power of Yoga (163 – 247, Devi)
- * Attend a Yin Yoga & Meditation class

DECEMBER 16: YOGA SUTRAS OF PATANJALI – VIBUTHI & KAIVALYA PADAS – ERIKA

- * Closing Circle and Celebration

June 13 – 28, 2018: KAUAI

16-day YOGA 200/300 YIN TANTRA TRAINING RETREAT

- * YIN YOGA * PRANAYAMA * TANTRA * YOGA & BUDDHISM * ART MEDITATION * TAROT
- * AROMATHERAPY * SPECIALTY CLASSES * HONORING THE GODDESS * LUNAR SALUTATIONS
- * ASTROLOGY * VINYASA FLOW * FLEXITARIAN NUTRITION * BODYWORK & HEALING

Required Reading: *Insight Yoga* by Sarah Powers

FEES/PRICING

AL A CARTE FEES (10% discount offered for all services when paid in full by date listed):

\$1599 Temecula 300-hr Training Modules 1-4 (includes 3-month unlimited yoga pass)

* 10% discount if paid in full by September 23, 2017

\$499 Desert Healing Yoga Retreat shared, private room upgrades are available for additional fee

* 10% discount if paid in full by October 15, 2017

\$4399 Kauai 16-day Yoga 200/300 Training Retreat (shared dorm room)

* 10% discount if paid in full by February 1, 2017

FULL TRAINING includes all the above plus membership to Cloud Nine Yoga Studio in Temecula. This is a very Special rate available only to students committing for the entire duration of the Advanced Training and Certification process. Private and double room upgrades are available for both retreats and must be purchased separately from this outstanding deal. Price based on shared room accommodations (up to 4 people, shared bath for retreats).

\$5999 must be paid in full by October 1, 2017

