

CLOUD NINE YOGA OMMERSION 16-Day Yoga Teacher Training Info Sheet

Ready Yourself for a TROPICAL TRANSFORMATION...in the spirit of ALOHA!

The ancestors traditionally see the eruption of the volcano as a ritual of cleansing. Join us in the spirit of Pele, near one of the Seven Wonders of the World ~ an active volcano. Ignite your internal fire through spiritual and physical cleansing.



Are you considering a certification course yet prefer to take a break from your everyday life and fully immerse yourself in the yogic lifestyle? This 16-day “Education” will be filled with all things YOGA, yet fully supported by the spirit of Aloha.



Join Erika Faith Calig, E-RYT 500, Terra Ann Pracht, E-RYT 500, and special guest instructors for an OMMersion in our Yoga Alliance Registered Cloud Nine Yoga 200-hr Certification course curriculum and experience the sacred Hawaiian cultural arts.

Training days are filled with experiential yoga anatomy, yogic philosophy, posture breakdowns, and practice teaching. The 44-acre permaculture farm, affectionately known as Hawaiian Sanctuary, will enhance your journey with local flavors, farm-to-table vegetarian meals, full fitness gym, holistic spa with infrared sauna, plus magnificent flora and fauna – including many birds, frogs, trees, tropical fruits and flowers, as well as a plethora of fresh, clean air!

The healing waters of the island are truly a special aspect of which we experience as a group – from waterfalls, to warm ponds, to the great Pacific Ocean – it is a magical place of blessings and being blessed.

INCLUSIONS along with your yoga training ~

- Tropical Cuisine: 2 healthy, hearty meals per day provided onsite
- Ancient Warm Ponds
- Black Sand Beaches
- Hula Dance
- Farmer's Markets
- Swimming with Wild Dolphins
- Hiking Trips
- Aloha Spirit Studies with a Hawaiian Kumu



TRAVEL INFORMATION:

- Arrival: Jan 4th for settling in and Welcome Refreshments
- Jan 5th – 19th: Yoga Training Ommersion
- Jan 20th - 21st: Graduation and Hawaiian Mana Festival Celebration
- Departure: Jan 21st or 22nd

SAMPLE DAILY SCHEDULE:

7:30 am – 9:30 am	Morning Yoga Practice
9:30 am – 11:00 am	Blastoff Breakfast/Short Break
11:00 am – 1:00 pm	Lotus Lecture
1:00 pm – 2:00 pm	Light Lunch/Snack
2:00 pm – 6:00 pm	Anatomy, Asana Intensive, Practice Teaching
6:00 pm – 7:00 pm	Divine Dinner



PRICING

Includes: CLOUD NINE YOGA 200 hr In-Depth Studies and Basic Yoga Teacher Certification tuition, Airport pickup/drop off from Hilo International Airport, Group Tours, Tropical Cuisine, Ozone Jacuzzi, and Accommodations at Hawaiian Sanctuary (MM12 Farms, Inc).

Not included: Round-trip Airfare, Required Course Materials (books), Offsite meals/shopping, optional onsite services such as massage, snacks/drinks from the Laka Lounge, and tips for service staff.

\$5,995 Private, Single (onsite bedroom in The Lodge - shared bath)

\$4,995 Double Occupancy (onsite shared Ecopod for two – shared facilities)

\$3,595 Local or Stay Off Site



Optional Services \$90 per session:

- Massage, Reiki, Hypnotherapy, EFT by Certified Therapists
- Colon Hydrotherapy with Terra Ann

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

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

To Begin Registration, contact Terra Ann @ 310.261.2587

Check out Hawaiian Sanctuary for more details about the land where we will gather for TROPICAL TRANSFORMATION.