



Hawaii Schedule :: January 2017

Cloud Nine Yoga – Main Campus

CNY Senior Trainers: Erika Faith Calig, Terra Ann Pracht, Trinity Capili

CNY Intern/Student Advisor: Connie

PRE-TRAINING PREPARATION

- To Do:
 - Complete and submit application with deposit or full payment
 - Purchase books and supplies:
<http://cloudnineyoga.com/train/curriculum/required-reading-material/>
 - Purchase Cloud Nine Yoga digital download at www.BelnYoga.com
- **Read: Farhi p. xiii – 80**
- **SET TO ARRIVE ON SITE BY Wednesday, January 4, 2017**

Day 1 – Thursday, January 5th

- 7:30 am Morning Yoga Practice: Setting Intentions (Erika)
- 9:30 am Blissful Breakfast
- 11:00 am Opening Ceremony, Introductions, Site Tour, Orientation (Terra)
- 1:00 pm Light Lunch
- 2:00 pm Lecture: What is Yoga? 8 Limbs, Yamas & Niyamas (Trinity)
- 4:00 pm Asana Intensive: Experience the 7 Moving Principles (Erika)
- 6:00 pm Divine Dinner
- Homework:
 - Read: Farhi p. 81 – 105

LOCATIONS for classes:

Morning Practice, Anatomy, Asana Intensives, Peer Teaching: GROW ROOM
Most Quizzes, Lectures, Videos: LAKA LOUNGE

Day 2 – Friday, January 6th

- 7:30 am Morning Yoga Practice: Opening The Heart (Trinity)
- 9:30 am Blissful breakfast
- 11:00 am Lecture: How To Teach Yoga, Sequencing Basics, Intro to Sanskrit (Erika)
- 1:00 pm Light Lunch

- 2:00 pm Anatomy: The Big Picture. Understand the difference between Compression & Tension - complete coordinating Anatomy Worksheet in class (Erika)
- 3:30 pm Asana Intensive: Breath Instruction for Sun Salutes, Intro to Sun Salutations (1/2, Classical, A series) (Terra)
- 5:30 pm Peer Teaching: Pair Up and teach a couple Surya Namaskars (Connie)
- 6:00 pm Divine Dinner
- Homework:
 - Read: Farhi p. 106 – 130
 - Anatomy: Complete Anatomy Worksheets: Vertebral Column and Diaphragm using *Yoga Body* p. 33 – 79 as a reference + *Save Your Neck & Breathing Room* Yoga Journal articles by Julie Gudmestad

Day 3 – Saturday, January 7th GET IN THE WATER TODAY

- 7:30 am Morning Yoga Practice: Yin/Yang Flow (Terra)
- 9:30 am Blissful Breakfast
- 11:00 am **offsite** WARM POND
- 1:00 pm Snacks & Lecture: Pranayama and Bandhas (Erika)
- 3:30 pm Anatomy: Vertebral Column & Diaphragm (Trinity)
- 4:30 pm Asana Intensive: Foundations in Standing & Balancing Poses: The Stances (Mountain, Forward, Side, Wide) (Erika)
- 5:30 pm Peer Teaching: Cuing, Voice & Pace focus teaching a 3-pose Standing Flow (Connie)
- 6:00 pm Divine Dinner
- Homework:
 - Read: Farhi p. 231 – 250
 - Complete Anatomy Worksheet: Understanding Basic Terms. Use *Yoga Body* p. 5 – 30 as a reference + *Basic Anatomy for Teachers 1, 2 & 3 and What's In A Stretch* Yoga Journal articles by Julie Gudmestad

Day 4 – Sunday, January 8th **Maku'u Market & Day Trip!** (Meals Offsite)

- 7:30 am Morning Yoga Practice: Intro to Inversions & Restorative Yoga (Connie)
- 9:30 am Offsite Yoga Adventure (Breakfast at Market, Lunch to go)
- Excursion to Boiling Pots (Waterfalls)
- 5:00 pm Back at Hawaiian Sanctuary
- 6:00 pm Divine Dinner
- Homework
 - Read: Farhi p. 154 – 170

Day 5 – Monday, January 9th

- 7:30 am Morning Yoga Practice: Abs & Arms Power Yoga with Meditation Cards, Poems, Reiki & Inspirations (Erika)
- 9:30 am Blissful Breakfast
- 11:00 am Lecture: Four Types of Yoga, The Schools and Styles of Yoga, Meditation Practices and Philosophies, Sitting vs. Moving Meditations (Trinity)
- 1:00 pm LOVE Lunch (bigger meal due to later dinner - HULA tonight!)
- 2:00 pm Anatomy: Understanding Basic Terms, Grilley: Proportion & Orientation (Trinity)
- 3:00 pm Asana Intensive: Review Basic 20 Vinyasa Flow Poses, Standing & Balancing Poses, All About Savasana & Adjustments (Terra)
- 5:00 pm Peer Teaching: Create a sequence with a partner for Quadrant 1 & 2, then teach it! (Terra)
- 8:00 pm Light Dinner, **6 – 8pm HULA**
- Homework:
 - Read: Farhi p. 131 – 153
 - Complete Anatomy Worksheet “Shoulder Girdle” using *YogaBody* p. 153 – 170 + *Dump The Slump & Break Out of Your Slump* Yoga Journal articles by Julie Gudmestad

Day 6 – Tuesday, January 10th (Trinity Teaching Break)

- 7:30 am Morning Yoga: Pranayama Practice, Healthy Hips, Knees, & Feet – Opening Your Lotus (Terra)
- 9:30 am Blissful Breakfast
- 11:00 am Lecture: Yoga Sutras of Patanjali, Hinduism (Erika)
- 1:00 pm: Anatomy: Shoulder Girdle (Terra)
- 3:00 pm Asana Intensive: Seated Postures, Forward Bends & Twists. (Erika)
- 5:00 pm Peer Teaching: Group Practice teaching a C series Salutation without doing (only speaking). (Erika)
- 6:00 pm Divine Dinner
- Homework:
 - Review: Farhi p. 70 – 80 (chakra anatomy)
 - Read: Farhi p. 171 - 204 (back bends)

Day 7 – Wednesday, January 11th (Terra Teaching Break)

- 7:30 am Morning Yoga Practice: Safe Back Bending Download & Practice. Listen to Nicolai Bachman CD ~ Reviewing Sanskrit Terms (Trinity)
- 9:30 am Blissful Breakfast
- 11:00 am Lecture: Chakras East & West, Chakra Affirmations, The Psychology of Yoga – Yoga Is Therapy (Erika)
- 1:00 pm Light Lunch

- 2:00 pm Anatomy Review: Clarifications, Prep for Anatomy Quiz on Basic Terms, Compression & Tension, Vertebral Column, Diaphragm (Erika)
- 4:00 am **Depart OFFSITE for FULL MOON Lava Walk & Sunset at Black Sand Beach**
- 6:00 pm UNCLE ROBERTS (Dinner OFFSITE)

Day 8 – Thursday, January 12th **MIDTERM REVIEW** (Erika Teaching Break)

- 7:30 am Morning Yoga Practice: Inspired Flow (Connie)
- 9:30 am Blissful Breakfast
- 11:00 pm Lecture: Kriyas, Ayurveda & Yogi Nutrition in the SPA (Terra)
- 1:00 pm Light Lunch **Study for Anatomy Quiz**
- 2:00 pm **Anatomy Quiz** (Connie)
- 3:00 pm Asana Intensive: Review Topics for Quiz on 8 Limbs, Yamas & Niyamas, 7 Moving Principles, Pranayama, Bandhas, Posture/Sanskrit ID, Four Types of Yoga, Chakras. (Trinity)
- 4:00 pm In-class Anatomy Lesson: Complete Worksheet for The Pelvis, Leg, Ankle & Foot using *YogaBody* p. 119 – 132 as a reference + *Feet First, Thighs Matter, The Long & Short of Legs, Get Hip About Flexors, and Great Gluts* Yoga Journal articles by Julie Gudmestad (Trinity)
- 5:00 pm Peer Teaching: Sequence Quadrant 3 & 4 with a Team and practice teach. (Terra)
- 6:00 pm Divine Dinner
- **Homework: Study for Topics Quiz**

Day 9 – Friday, January 13th GET IN THE WATER!

- 7:30 am Morning Yoga Practice: Slow Flow, Deep Stretch + Design a 60-min sequence for beginners (Erika)
- 9:30 am Blissful Breakfast
- 11:00 am **Topics Quiz** (Erika)
- Depart Offsite for the afternoon – Post Midterm Celebration!
- 6:00 pm Divine Dinner
- Homework:
 - Read: Farhi p. 205 - 229
 - Complete Anatomy Worksheet for Elbow, Wrist and Hand using *YogaBody* p. 171 – 191 + Yoga Journal articles *Arms Control & Bearing Up Under Pressure* by Julie Gudmestad

Day 10 – Saturday, January 14th

- 7:30 am Morning Yoga Practice: Yin Yoga (Terra)
- 9:30 am Blissful Breakfast
- 11:00 am Professional Info for the Yoga Teacher, Creating a Safe & Sacred Space for Yoga (Trinity)
- 1:00 pm Light Lunch
- 2:00 pm Anatomy: Elbow, Wrist, & Hand (Erika)

- 3:00 pm Asana Intensive: All About Inversions (Erika)
- 5:00 pm Peer Teaching: Practice Teaching at least one of your 15-min Quadrants. (Connie)
- 6:00 pm *Divine Dinner with HAWAIIAN KUMU AUNTY MAHEALANI*
- Homework:
 - Complete Abdomen Worksheets using *YogaBody* p. 135-142 and *Forget Six Pack Abs* Yoga Journal article by Fernando Pages Ruiz
 - Read Farhi p. 205 – 230

Day 11 – Sunday, January 15th **Maku'u MARKET**

- 7:30 am Morning Yoga Practice: Surya Namaskars & Chandra Namaskars (Erika)
- 9:30 am *Depart to Farmer's Market (breakfast & lunch offsite)*
- **FREE TIME**
- 2:00 pm Anatomy: Abdominals (Trinity)
- 3:00 pm Asana Intensive: Abdominal & Arm Balances (Connie)
- 5:00 pm Peer Teaching: Final Presentation Team Assignment (Erika)
- 6:00 pm Divine Dinner
 - Homework: Read: Farhi p. 251 – 269
 - **Study for Pelvis, Legs, Ankles & Foot + Abs & Shoulder Girdle Quiz**
 - Complete Anatomy Sheet on Injury & Modifications using *YogaBody* and *Sprained, Strained or Pained & Synovial Fluid and Inflamed Joints* Yoga Journal articles by Julie Gudmestad

Day 12 – Monday, January 16th

- 7:30 am Morning Yoga Practice: Partner Yoga (Connie)
- 9:30 am Blissful Breakfast
- 11:00 am Lecture: Ethics & Boundaries, NVC (Compassionate Communication Model) (Terra)
- 1:00 pm LOVE Lunch (bigger meal due to later dinner - HULA tonight!)
- 2:00 pm Anatomy: **Quiz** + Review Injury & Modifications (Terra)
- 3:00 pm Teaching Yoga to Kids (Trinity), Seniors (Terra), Prenatal (Erika)
- 5:00 pm Peer Teaching: Get into your Final Presentation Teams & Practice (Connie)
- **6 – 8pm HULA**
- 8 pm Divine Dinner

Day 13 – Tuesday, January 17th KONA ~ Dolphin Swim

- **5:00 am Depart for Offsite adventure. All Meals Offsite.**

Day 14 – Wednesday, January 18th **REVIEWS**

- 7:30 am Morning Yoga Practice: Yoga Poets Society (Trinity)
- 9:30 am Blissful Breakfast
- 11:00 am Final Exam Topic/Sanskrit Reviews (Erika)

- 12:00 pm Asana Intensive: Assists & Adjusts (Erika & Terra)
- 1:00 pm Light Lunch
- 2:00 pm Review Anatomy for Final Exam & Comment Sheet for Teaching Presentation (Erika)
- 3:00 Teaching Presentation Run Through (Connie)
- 6:00 pm Divine Dinner
- Homework:
 - Continue fine-tuning final presentation, Be Ready to TEACH 15-min
 - Study for Tests: Weekly Topics, Asana Sanskrit, Anatomy Sheets

Day 15 – Thursday, January 19th **EXAMS**

- 7:30 am Final Presentation – Group 1
- 9:30 am Blissful Breakfast
- 11:00 am Final Presentation – Group 2
- 1:00 pm Light Lunch
- 2:00 pm Fill-in Tests, Sanskrit Identification, Anatomy: Fill-in Test
- 3:30 pm Thai Yoga Massage Share
- 6:00 pm Divine Dinner & Closing Group Circle

Day 16 – Friday, January 20th

- Mana Festival Celebration held at the Hawaiian Sanctuary through Saturday night – come and go as you would like!
- Enjoy Free Time, Pack, Fill out and return Feedback Forms, Close out your account with Terra Ann for incidentals
- **Graduation & Closing Ceremony TIME ON FRIDAY TBD**

Saturday/Sunday, January 21nd & 22nd **DEPARTURES**

MAHALO, NAMASTE

Schedule Subject to Change Without Notice: Please remain a flexible yogi