

KAUAI CLOUD NINE YOGA OMMERSION 22-Day Yoga Teacher Training Info Sheet

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

Kauai is the eldest of the main Hawaiian Islands, known as the Garden Isle for its lush green mountain landscapes. From the immense cliff side waterfalls, to the deep drop of Waimea Canyon, to the picturesque sandy beaches – this powerfully beautiful island is an enchanted place to immerse in spiritual study.



Are you considering a certification course yet rather take a break from your everyday life and fully immerse yourself in the yogic lifestyle? This 22-day “Edu-Vacation” will be filled with all things YOGA, yet fully supported by the Spirit of Aloha.



Join Erika Faith Calig, E-RYT 500 and special guest instructors for an “Edu-vacation OMMersion” in our Yoga Alliance Registered Cloud Nine Yoga Certification course curriculum and experience the sacred art of yoga in Kauai paradise.

Our unique training focuses on Yin Yoga and Tantra at the core. Additionally, you will experience so much more! Art meditations, honoring the Goddess, lunar salutations, learning how to teach specialty classes (such as YogaPlay for Kids, Prenatal, and Adaptive), aromatherapy, astrology, tarot, Vinyasa flow, yogi nutrition, bodywork, and healing are all part of the immersive experience with Cloud Nine Yoga. Our retreat home sanctuary will enhance your journey with local flavors, farm-to-table “flexitarian” meals, tropical fruits and flowers, as well as a plethora of fresh, clean air!

KAUAI is a magical place of blessings and being blessed.

INCLUSIONS along with your yoga training and accommodations ~

- Tropical Cuisine: 2 healthy, hearty meals per day provided onsite
- Sandy Beach & Waterfall Excursions
- Hula Dance Classes
- Farmer’s Markets
- Hiking Trips



TRAVEL INFORMATION

- Arrival: Jun 8th for settling in and Welcome Refreshments
- Jun 9th – 28th: Yoga Training OMMersion
- Jun 28th: Graduation Night Celebration
- Departure: Jun 29th by 12pm

SAMPLE DAILY SCHEDULE

7:30 am – 9:30 am	Morning Yoga Practice
10:00 am	Blissful Brunch
11:30 am – 3:30 pm	Lotus Lecture – Anatomy & Asana Intensives
4:00 pm – 6:00 pm	Peer Workshops +/-or BREAK TIME
6:30 pm	Divine Dinner
8:00 pm – 9:30 pm	Evening Sessions

PRICING

Includes: CLOUD NINE YOGA Teacher Certification tuition, Airport pickup/drop off from Lihue International Airport, Group Tours/Excursions, Tropical Cuisine, and Accommodations.

Not included: Round-trip Airfare to Lihue from wherever you are, Required Course Materials (books), Offsite meals/shopping, Optional onsite services such as massage, Snacks/drinks and Tips for service staff. Please budget these items accordingly.

\$6499 Private, Single

\$5699 Double Room, Shared

\$4999 Dorm Quad, Shared

\$3799 Local/Stay Offsite (accommodations excluded – to include meals, transportation help trade or + \$599)



Optional Services:

- Massage, Reiki, Hypnotherapy, EFT by Certified Therapists

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

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

To Begin Registration, contact Erika Faith Calig @ 310.989.0878