

KAUAI CLOUD NINE YOGA OMMERSION RCYT 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 CHILDREN'S YOGA certification course yet rather take a break from your everyday life and fully immerse yourself in the yogic lifestyle? This "Edu-Vacation" will be filled with all things KIDS YOGA, yet fully supported by the Spirit of Aloha.



Join Erika Faith Calig, E-RYT 500 and Rebecca Taylor, E-RYT 500, RCYT plus special guest instructors for an "Edu-vacation OMMersion" with our Yoga Alliance Registered Cloud Nine Yoga School and experience the sacred art of yoga in Kauai paradise.

Training days are filled with experiential yoga anatomy, yogic philosophy, posture breakdowns, and practice teaching – all in a PLAYFUL, FUN, environment for learning to successfully teach children. Our retreat sanctuary will enhance your journey with local flavors, farm-to-table vegetarian meals, 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 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
- Hiking, Beach, Farmer's Market Excursions
- A lovely sleeping roof overhead with your choice of floor, shared bed, or private accommodations.



TRAVEL INFORMATION:

- Arrival: April 5th for Settling in after 4pm and Welcome Dinner at 7pm
- Jan 6th – 11th: RCYT Course Curriculum
- Departure: April 12th by 11am

SAMPLE DAILY SCHEDULE:

7:30 am – 9:30 am	Morning Yoga Practice
10:00 am	Blastoff Breakfast + Transition Time
11:30 pm – 5:30 pm	Lecture, Anatomy, & Asana Intensives, Peer Teaching
7:00 pm	Divine Dinner + Study/Down time

PRICING

Includes: RCYT Training tuition, Airport pickup/drop off from Lihue International Airport, Group Tours/Excursions, two meals daily, and accommodations.

Not included: Round-trip Airfare, Required Course Materials (books), Offsite meals/shopping, optional onsite services such as massage, snacks, or special beverages.

\$2899 Private, Single (one person, one bed – private bath may be available)

\$2449 Double Room, Shared (two people, One Shared King or Two Doubles)

\$1999 Floor Sleeping, Shared (sleeping bag or pads – up to four per room)

\$1499 Local/Stay Offsite (accommodations excluded – to include meals + \$299)



Optional Services:

- Massage, Reiki, Hypnotherapy, EFT by Certified Therapists

To Begin Registration, contact Erika Faith Calig @ 310.989.0878