

KAUAI CLOUD NINE YOGA OMMERSION

16-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 16-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

200-hr Certification course curriculum 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. 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
- Sandy Beach Excursions
- Hula Dance Classes
- Farmer's Markets
- Hiking Trips
- Waterfalls



SAMPLE DAILY SCHEDULE:

7:30 am – 9:30 am	Morning Yoga Practice
10:00 am	Blastoff Breakfast + Transition Time
11:00 pm – 6:00 pm	Lecture, Anatomy, & Asana Intensives, Peer Teaching
6:30 pm	Divine Dinner + Study/Down time

PRICING

Includes: CLOUD NINE YOGA 200 hr In-Depth Studies and Basic Yoga Teacher Certification tuition, Airport pickup/drop off from Lihue International Airport, Group Tours/Excursions, two meals daily, and accommodations in our private home.

SLEEPING OPTIONS

\$5699 Queen bed (shared 2Q bed suite for two, based on availability)

\$4999 Choice of Bunk Room (shared 4 single bed suite with bath for four students)

\$4999 Lanai Sleeping (private daybed, outdoor shower, and indoor toilet)

\$2999 Local/Stay Offsite (accommodations excluded, meals included)

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



Optional Services:

- Massage, Reiki, Hypnotherapy, EFT by Certified Therapists

Books must be ordered/purchased upon registration: [CLICK HERE](http://cloudnineyoga.com/train/curriculum/required-reading-material/) for information: <http://cloudnineyoga.com/train/curriculum/required-reading-material/>

To Begin Registration, contact Erika Faith Calig @ 310.989.0878 or email us at: erika@cloudnineyoga.com

