

# Advanced Yoga Training & Teacher Certification - Learning Plan

*Cloud Nine Yoga, LLC has certified Yoga Teachers worldwide since 2002.*

We have 30 extremely skilled trainers with a well-organized curriculum, supporting Yoga students and teachers in expanding their knowledge and solidifying their training. Our professional staff can assist you in becoming a competent, sensitive, and uplifting guide to all ages, all levels, and all bodies.

Our RYS (Registered Yoga School) has FIVE specialized programs offered in association with the National Registry of Yoga Schools, called The Yoga Alliance.

These courses are: [100 RYT Children's Yoga Teacher Certification](#), [100 RYT Prenatal Yoga Teacher Certification](#), [200 RYT In-Depth Yoga Training & Basic Yoga Certification](#), [300 RYT Advanced Yoga Training and Certification](#) and [50 Hr Continuing Education Yoga Training Certification](#). Programs are offered in Hawaii as an Immersion Program, or held in various US locations in a 4-5 month course structure. Our Trainings are designed to impart knowledge and confidence in teaching yoga and focused on adapting the Yogic techniques to make it accessible to anyone -- even those with restrictions.

**Prerequisite:** Completion of any 200 hr Basic Yoga Teacher Certification course, practicing Yoga for a minimum of 2 years.

## REQUIRED READING BOOKS

- **Yoga for the Subtle Body** (Tias Little)
- **The Radiance Sutras** (Dr Lorin Roche)
- **Insight Yoga** (Sarah Powers)

## To complete your RYT 300 with Cloud Nine Yoga:

- Graduate from a 200-hr RYT Program
- Take our 300-hr RYT Advanced Yoga Course (offered at several locations each year)
- Complete 100 hours teaching your own classes
- Take a 5-day Retreat with your favorite Cloud Nine Yoga teachers (if you take the Immersion course, this retreat is included)

## 300 HOUR BREAKDOWN - ALL HOURS CAN BE COMPLETED WITH OUR IMMERSIONS!

- **180 hours** +++ (CONTACT) of workshops and lectures with CNY E-R.Y.T. 500 trainers, amazing teachers, and guest faculty from all over the world.
- **60 hours** +++ (CONTACT) of retreat training with CNY teachers/faculty.
- **20 hours** +++ (CONTACT) of internships in your area with a CNY teacher of your choice. We can either allow you to work with a class at the studio or you can ask someone to be your mentor for these hours. This teacher must be a Teacher Trainer (E-RYT or equivalent). You may also complete your internship in a Cloud Nine Yoga 200 hr Teacher Training with one of our affiliated branches.
- **40 hours** +++ (CONTACT) of taking regular studio or gym classes as a student. This includes all the time you spend practicing in the presence of a Cloud Nine Yoga Teacher of your choice. We would like to add that any style yoga classes that support your being the most marvelous and authentic YOU will count here, as long as you are in the light of another marvelous and authentic teacher. This amounts to one practice class per week.

### **In addition, Yoga Alliance requires the following for RYT 500 designation:**

**100 hours** +++ (NON-CONTACT) of teaching. We can oversee your teaching hours by helping you find classes if you don't already have one. There are always opportunities to find work teaching and subbing with other Cloud Nine Yoga staff and teachers.

*Cloud Nine Yoga has developed and fine-tuned the In-Depth Yoga Study Course, Basic & Advanced Yoga Teacher Trainings and The Master Yoga Program curriculum since 1999. Our teachers have pride in bringing the practice down-to-earth. Our Anatomy of Yoga series (included in each program) is a specialized track unto its own. We sit together in a circle of knowledge, where each student is respected and supported. We teach the 'fun kind' of yoga... the one where people laugh, learn, integrate and grow. THANK YOU FOR YOUR INTEREST IN [CLOUD NINE YOGA](#).*

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