

In-Depth 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: None, yet we prefer you have at least 6 months practicing Yoga before you begin the training.

REQUIRED READING BOOKS

- **Yoga Mind, Body and Spirit: A Return to Wholeness** (Donna Farhi)
- **Yogabody: Anatomy, Kinesiology, and Asana** (Judith Hansen Lasater)

Suggested Reference:

- **Light on Yoga: The Bible of Modern Yoga...** (B.K.S. Iyengar)

Enrollment: We hold trainings and accept registrations throughout the year

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R.Y.T 200 Level Program Breakdown:

- 200 Contact Hours + 40 Non-Contact Hours
- Asana Intensive Classes: 60 contact hours
- Weekday Lecture Meetings: 40 contact hours
- Internship: 20 contact hours
- In-Class Asana Practice: 40 contact hours
- Retreat: 40 contact hours
- Homework, Seva, & Research: 40 non-contact hours

Subjects Covered: Yoga Anatomy and Physiology, Applied Teaching Methodology and Practice, Sequencing, Yoga History & Philosophy, Yogic Living/Nutrition, Ethical Guidelines, Sanskrit, Asana Benefits & Contraindications, Cuing, Vocal & Hands-on Adjustments, Partner Work, Thai Yoga Massage, Patanjali's Yoga Sutras, Bhagavad Gita, Dieties & Avatars, Understanding the Importance of the Guru, The Schools of Yoga, Chakras & Psychology of Yoga, Mudra & Mantra, Bandhas & Kriyas, Ayurveda, The Business of Yoga: Professional Info for the Yoga Teacher, Yoga for Seniors & Motion Restriction (Chair Yoga), Intro to Pre Natal Yoga, Yoga for Kids, The Seven Moving Principles AND all the Asana Breakdowns for teaching all levels of students (Sun Salutations, Forward Bends, Back Bends, Inversions, Core Strengthening, Balancing & Standing Postures, Hip & Heart Openers).

Our school prides itself on being a community-based, non-dogmatic Yoga Education entity with a history of facilitating the awakening of many hearts and teaching freedom of mind and body. Each training group works together to promote and inspire growth, healing and transformation for each individual participant. Our teachers consistently enjoy giving encouraging, one-on-one consultations during the course of our program to keep each person evolving toward the best they can be. Our playfulness, gentle guidance and spiritually-focused approach provides a welcome and loving atmosphere for all ages and levels of students. THANK YOU FOR YOUR INTEREST IN [CLOUD NINE YOGA](#).