



June 9 – 30, 2020 :: 22-day KAUAI ADVANCED YOGA TRAINING RETREAT

"Let's get these bodies ready for the next paradigm shift." ~ Trinity
"I want to take us to the secret spots, ones that will never be forgotten." ~ Erika

Required Reading:

Yoga of the Subtle Body by Tias Little - pre-arrival please read thru page 73!

Insight Yoga by Sarah Powers - pre-arrival please read thru page 30!

Radiance Sutras by Dr Lorin Roche - pre-arrival please read thru page 33!

WEEK ONE: First & Second Chakras : Mind Your Mech: Know Thy Body, Know Thyself.

Modern Day People: Movement and personal experience from where we are, head to toe. Erika Shares experience as a teacher, mother, creator of community, leader. Trinity Shares experience as a teacher, student, consultant, leader.

- You in Motion: Movement and assessments in range of motion
- Getting Real: What you think you know/ what your body is saying
- Letting Go: Technique for muscle release in the systems of the body
- Tending to the Roots: Anatomy review of what's below the waist *Practices: Legs, hips, knees, feet*

TUESDAY, JUNE 9

4:00 pm ARRIVALS BEGIN

6:00 pm DIVINE DINNER

WEDNESDAY, JUNE 10

8:00 AM PRACTICE: WEAVING THE RADIANCE (Practice) - ERIKA

BLISS BRUNCH

11:00 am HOUSE ORIENTATION & TRAINING/SCHEDULE OVERVIEW - ERIKA & ADAM

MOLOA'A BAY - Opening Circle - ALL

WASH UP/SNACK

3:00 - 6:00 pm MODERN DAY PEOPLE: YOU IN MOTION + TENDING THE ROOTS - TRINITY

DIVINE DINNER

* *Read Powers through pg. 55*

THURSDAY, JUNE 11

8:00 am EARTHING YOUR INSTINCTS (Practice) - TRINITY

BLISS BRUNCH

11:00 am – 2:00 pm MUSCLE RELEASE/MOVEMENT ASSESSMENT, GETTING REAL - TRINITY

SNACK BREAK

3:00 -6:00 pm BODY PSYCH, ETHICS & COMMUNICATION, CONFLICT RESOLUTION - ERIKA

DIVINE DINNER

* *Read Little through pg. 101*

FRIDAY, JUNE 12

8:00 am THE SEAT OF THE GODDESS (Practice) - ERIKA

BLISS BRUNCH

11:00 am - 2:00 pm THE POWER OF TEACHING (CUING, SEQUENCING, THEMES) - ERIKA

SNACK BREAK / BEACH READY

3:00 - 6:00 pm **HANAIEI BAY** - ALL

DIVINE DINNER

* *Read Powers through p. 83*



SATURDAY, JUNE 13

8:00 am PRIMAL TRUST & THE PLEASURE BODY (Practice) - TRINITY
BLISS BRUNCH
11:00 pm - 2:00 pm SACRAL CHAKRA ANATOMY + LETTING GO - TRINITY
3:00 - 6:00 pm THAI YOGA MASSAGE - ERIKA & TRINITY
DIVINE DINNER
** Read Little through p. 159*

SUNDAY, JUNE 14

8:00 am FREE FLOW / PERMISSION-BASED YOGA PRACTICE - ERIKA
BLISS BRUNCH / OUTING PREP (good shoes, bug repellent, hat, sunscreen, suit)
11:00 am - 2:00 pm **HO'OPI'I FALLS AFTERNOON HIKE** - ALL
3:00 - 4:00 pm Intro to Viyana Bhairava Tantra (Radiance Sutras/Sanskrit)- ERIKA
4:00 - 6:00 pm APPLIED AYURVEDA FOR DAILY LIVING - ERIKA
DIVINE DINNER
** Catch up on ALL readings! Group Laundry Loads Tonight. BIG HOUSE SEVA.*

WEEK TWO: Chakras 3, 4, 5 : Re-Education of BODY-HEART-MIND

- Head: Anatomy of the skull & muscles within the head and neck. Practice: Releasing head/ neck, eyes, tongue, jaw
- Heart: Anatomy review of upper torso. Practice: Shoulder girdle, chest, arms, hands
- Belly: Anatomy review of abdominals and digestive system. Practice: Abdominals, low back, system of the pelvis

MONDAY, JUNE 15

8:00 am THE JEWELLED CITY (Practice) - TRINITY
BLISS BRUNCH
11:00 am - 2:00 pm MALAS & MANTRA - ERIKA
SNACK / CLEAN UP BREAK
3:00 - 6:00 pm - BELLY + ABS/DIGESTION ANATOMY, SYSTEM OF THE PELVIS/LOW BACK - TRINITY
DIVINE DINNER
** Read Powers through p. 106*

TUESDAY, JUNE 16

8:00 am AYUR-YOGA + NIDRA (Practice) - ERIKA
BLISS BRUNCH / BEACH READY
11:00 - 2:00 pm **ANINI SNORKEL** - ALL
3:00 - 4:30 pm SHARING YOUR SPECIALTY - Peer Teaching Assignment 1-
4:30 - 6:00 pm SHARING YOUR SPECIALTY - Peer Teaching Assignment 2-
DIVINE DINNER (Shakti Indian Food)
** Read Powers through p. 160*

WEDNESDAY, JUNE 17 **EXCURSION DAY! 8AM DEPARTURE!** **Southside: Labyrinth Walk, Poipu, Kukuiula**

THURSDAY, JUNE 18

8:00 am WHOLENESS TO RELATIONSHIP - SELF to OTHER (Practice) - TRINITY
BLISS BRUNCH
11:00 am - 2:00 pm SEVA & SANGHA: The HEART + UPPER TORSO ANATOMY - TRINITY
SNACK BREAK
3:00 - 4:30 pm SHARING YOUR SPECIALTY - Peer Teaching Assignment 3-
4:30 - 6:00 pm SHARING YOUR SPECIALTY - Peer Teaching Assignment 4-
DIVINE DINNER
** Read Little through p. 195*



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FRIDAY, JUNE 19

8:00 am VINIYOGA (Practice) - ERIKA

BLISS BRUNCH

11:00 am - 2:00 pm REIKI PRACTITIONER TRAINING - ERIKA

SNACK BREAK / OUTING PREP (bug spray required)

3:00 - 6:00 pm **MINI GOLF or WAI KOA LOOP TRAIL (Anaina Hou)** - ALL

DIVINE DINNER

- Study Radiance Sutras - Choose a Sanskrit Word to Share for tomorrow

SATURDAY, JUNE 20

8:00 am PRANAYAMA & YIN/FLOW MEDITATION (Practice) - TRINITY

BLISS BRUNCH

11:00 am - 2:00 pm ASTROLOGY + TAROT - ERIKA

SNACK BREAK

3:00 - 5:00 pm MOON SALUTATION CYCLES & LUNAR WISDOM - ERIKA

5:00 - 6:00 pm DIVINE DINNER

- Study Radiance Sutras - Choose a Sutra to Share for tomorrow (try to memorize)

SUNDAY, JUNE 21

8:00 am RADIANT HATHA: Mantra & Affirmations (A Throat Chakra Practice) - ERIKA

BLISS BRUNCH

11:00 - 2:00 pm THE RE-EDUCATION of MIND-HEART-BODY - TRINITY

SNACK BREAK / BEACH READY

3:00 - 6:00 **PAPA'A BAY** - ALL SHARE SANSKRIT WORD (theme talk, share your heart) - presenting your *Sutra* at the beach!)

DIVINE DINNER

* Read Little through p. 228 * Group Laundry Loads Tonight. BIG HOUSE SEVA. *

WEEK THREE: Chakras 6, 7, & The Universal Spirit : Dancing in Our Own Skin

- Integration of all classes, in and outside of anatomy (energetics, experiences thus far philosophy, Tarot, Yin...)
- Glimpse of TBFM full technique, integration of all parts & refinement of Asana/sustainable demos/teacher self-care
- Tracking our Evolution: revisiting fundamental philosophy re lifestyle/behavior in the world amidst shifting paradigms - Sharing coping devices and daily routines, how we are leading through example, LIVING OUR YOGA Day by Day!
- Permission to Play: Getting serious about your silliness, living the connection between body and mind, earth and sky.

MONDAY, JUNE 22

8:00 am PARTNER YOGA: GETTING SERIOUS ABOUT SILLINESS / PLAY (Practice) - TRINITY

BLISS BRUNCH

11:00 am - 2:00 pm COACHING CLIENTS: Private Lessons, Workshops, & Retreats - ERIKA

SNACK BREAK

3:00 - 6:00 pm HEAD & NECK ANATOMY + HELP TO RELEASE IT - TRINITY

DIVINE DINNER (Harmony Healing Foods)

* Read Little through p. 263

TUESDAY, JUNE 23

8:00 am YOU ARE POETRY IN MOTION (Practice) - ERIKA

BLISS BRUNCH

11:00 am - 2:00 pm TBFM, ASANA REFINEMENT, LIVING YOGA & SELF CARE - TRINITY

3:00 - 4:30 pm SHARING YOUR SPECIALTY - Peer Teaching Assignment 5-

4:30 - 6:00 pm SHARING YOUR SPECIALTY - Peer Teaching Assignment 6-

DIVINE DINNER (Harmony Healing Foods)

* Read Powers through p. 186



WEDNESDAY, JUNE 24 **EXCURSION DAY! 8AM DEPARTURE!**
KE'E / Hanakapi'ai / RESTING / Hanalei Dinner

THURSDAY, JUNE 25

8:00 am THE ART OF JOURNALING/WRITING AS YOGA (Practice) - TRINITY
BLISS BRUNCH
11:00 am – 12:00 pm AROMATHERAPY BASICS - ERIKA
12:00 pm - 2:00 pm YIN SLOW/YANG FLOW + REIKI RESTORE (Practice) - ERIKA
SNACK BREAK
3:00 - 4:30 pm SHARING YOUR SPECIALTY - Peer Teaching Assignment 7-
4:30 - 6:00 pm SHARING YOUR SPECIALTY - Peer Teaching Assignment 8-
DIVINE DINNER
* Catch up on all readings!

FRIDAY, JUNE 26 **** ½ TRANSITION DAY **** walking shoes a must

8:00 am Departure to **LAWAI** International Spiritual Center
10:00 am Tour of 88 Buddha Stupas + meditation gardens
LUNCH IN KALOA
AFTERNOON BIKE RIDE ON THE EASTSIDE: KAPA'A
Back for rest / Clean up
6PM **DIVINE DINNER**
* Continue with daily Sutra & Sanskrit Study with *The Radiance Sutras*

SATURDAY, JUNE 27 **** ½ TRANSITION DAY **** it is a custom to cover shoulders and knees for temple

8:00 am Departure to **Kalalea Juice Hale in ANAHOLA**
9:30 am **HINDU TEMPLE, MONASTERY & GARDENS**
11:00 am **Rudraksha & Rainbow Eucalyptus Forests**
LUNCH AT EAT HEALTHY IN WAILUA *
3:00 pm PROPS TO ADAPTIVE YOGA (KIDS, PRENATAL, GENTLE, ETC) - ERIKA
4:30 pm TRACKING OUR EVOLUTION - TRINITY
DIVINE DINNER
* Continue with daily Sutra & Sanskrit Study with *The Radiance Sutras*

SUNDAY, JUNE 28

8:00 am ROOT TO RISE, EARTH & SKY (Practice) - TRINITY
BLISS BRUNCH
11:00 - 2:00 pm INTEGRATION OF UNIVERSAL SPIRIT - TRINITY
SNACK BREAK
3:00 pm NATURE MEDITATION & LEI MAKING - ERIKA
DIVINE DINNER
* Group Laundry Loads Tonight. BIG HOUSE SEVA.

MONDAY, JUNE 29

8:00 am THE WHOLENESS OF YOUR BEING (Final Group Practice) - ERIKA
BLISS BRUNCH / BEACH READY
11:00 am CLOSING CIRCLE AT **PILA'A**
CLEAN UP FOR REIKI MASTER ATTUNEMENT
3:00 pm REIKI MASTER TEACHER TRAINING - ERIKA
DIVINE DINNER + GRADUATION CELEBRATION (Harmony Healing Foods)



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TUESDAY, JUNE 30 -- DEPARTURE DAY

Breakfast Provided

Close out honor bar tab

Airport drop-off all day

Mahalo nui loa, Ohana. Namaste. Until we meet again... A hui hou!

"We are Great Spirit in the physical form of human bodies, extraordinary vessels for healing. This experiential curriculum is an integration of self study (Svadhya) with movement, integrating the teachings of Dr. Linda Lack and her technique, The Thinking Body and the Feeling Mind, with the Cloud Nine Yoga philosophy of universe as resource, power of community, and recognizing heaven on earth, held in each moment HERE and NOW. This [training] is designed as reeducation for the whole body, integrating moving principles, the energetic knowledge we hold thus far, and a refresher of the mechanics of the human form. Discussion and journaling is highly encouraged. We're bringing everything into the melting pot when it comes to the art of existence: mystical forces, scientific knowledge, and most importantly personal experience. We are part of the evolution of humanity; let's take ownership of every fiber of our being in order to lead meaningful lives that brings us back to our sovereignty."

- Trinity Capili, E-RYT 500, Cloud Nine Yoga Senior Faculty and Mentor Teacher

"Within my reach - and yours - is the good within our heart and soul. I live and breathe not just for me, but for all the humans that orbit along with me. As we meditate, or pray, we become more intimate with the powerful, creative force within us and around us. It is felt deep within our innermost Universe of the body-mind-spirit and it is intimately reflected outward in the expanse of the earth-universe-electromagnetic fields. As above, so below. Conscious awareness brings equal amounts of vulnerability and strength that we can draw upon to 1.) care for the individual self (the matter that makes up this organism of me) and 2.) radically nourish our own consciousness (the mental/emotional/spiritual energies that make manifest personal reality). The stuff that makes stars, galaxies, and black holes -- it also creates, animates, and sustains (or destroys) us. So we must work with it. Be in co-creation with the forces of the imminent cycles of Life-Death-Rebirth."

- Erika Faith Calig, E-RYT 500, Founder & Director of Cloud Nine Yoga Schools Worldwide

RETREAT CODES OF CONDUCT

1. Honor Silence & Technology Freedom *every day* from 10:00 pm - 7:00 am.
2. If there is anything you need, communicate it.
3. Daily & weekly SEVA, or selfless service, contributes to the well-being of our community.
4. Be ready and on time for all scheduled events.
5. We like to have fun, but loud talking in our communal spaces is discouraged.
6. Do not feed the animals.
7. Expect mosquitos, hot sun, sweat, and unexpected rain showers!
8. If you get a sunburn, cut, or aren't feeling well, let our staff know.
9. Learn, play, transform, and live the ALOHA in your heart. Rest in GRATITUDE.

____ initial: I have read the above and agree to follow these codes to the best of my ability.

My Daily Seva Duty:

My Weekly Seva Assignments:

1. **June 14 -**
2. **June 21 -**
3. **June 28 -**

My Peer Teaching Assignment:

DATE/TIME -

SUBJECT -

ONSITE ROOM LIST

Moana Room Q w/ Double Couch -

Aloha Room QQ -

Nalu Couch Surf Room -

Makali'i Lanai Twin Beds -

Laupalapa Room (Private) - Erika & Adam



Those with Rental Cars, our address is: **4146 N Waiakalua St, Kilauea, HI 96754**
ADDITIONAL Directions for finding our house and parking: The GPS will take you to the wrong driveway, but you will see our mailbox, so it is confusing. Simply PASS our mailbox and drive up 500 feet to the next driveway on the left (there is a small bright orange circular security sign that says "Vivent"). Turn up that driveway and you will see our house with white trim. It will say 4146 by the garage. Back up onto the lawn to the right to park. *Please keep our driveway clear at all times.* Mahalo Nui Loa!

LIHUE ARRIVAL PICK UP TIMES:

LIHUE DEPARTURE DROP OFF TIMES: coordinated with those returning rental cars

HIKES - FYI

There are much stronger hikes to other spots on the island than we have scheduled. Secluded beaches such as: Secrets, Pila'a, Papa'a, Waiakalua, Larsen's, and Hideaways are all stunning places to visit. BUT, the journey is way more physically demanding (steep, slippery trails) and have NO LIFEGUARD on duty. If you plan to take off on your own to explore, we recommend knowing conditions before you go!

Are you near a river mouth, or in water after heavy rain? We have brown water advisories and flash flooding. This means HIGH LEVEL bacteria counts from runoff and potentially life-threatening conditions. Hiking to Wailua Falls, Sleeping Giant, and Koke'e trails are hazardous and we recommend going with a local guide for safety. Our North Point leading to Kalalau Trail, Hanakapiai Falls and the Na Pali Coast is now open, but requires permits which can be purchased at: GOHAENA.COM.

MAHALO for respecting our AINA. Leave no trace and walk lightly.
Leave our Grandmother Kaua'i more BEAUTIFUL than when you arrived.