



cloud nine yoga

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KAUAI YOGA IMMERSION : October 7 - 16, 2021* 200/300 Yoga Training Hours

Please purchase the following books + Complete the Required Reading:

Yoga of the Subtle Body by Tias Little - pre-arrival please read thru page 102!

Insight Yoga by Sarah Powers - pre-arrival please read thru page 55!

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

BEFORE YOU ARRIVE: Start Pre-Training Practices in our 100+ Class Collection. Access for these Google Drive files are [HERE](#). This is a HYBRID TRAINING - meaning: participants must also complete Online Course Videos to meet the hours needed for Certification at either the 200 or 300 RYT level. Curriculum for this immersion is based in Modules 1 - 3 of our Advanced Training Course. All REGISTERED students will receive supporting materials for their needed level of Certification. Please fill out this [APPLICATION](#) to begin. ALOHA!

OCTOBER 7 - Day 1: FOUNDATIONS OF TANTRA, BODY PSYCHOLOGY, THE POWER OF TEACHING

Practice: Linking Earth + Sky ~ Lunar Wisdom & the Root Chakra (Chakra 1)

* Read Powers through p. 83

OCTOBER 8 - Day 2: THAI YOGA MASSAGE, REIKI, & AYURVEDIC DAILY RITUALS: Energy is Everything

Practice: Trust & the Primal Body - Opening to Pleasure (Chakra 2)

* Read Little through p. 159

OCTOBER 9 - Day 3: YIN & YANG, HA & THA, BALANCING THE POLARITIES

Practice: Loving our Belly: The Seat of Our Intuition (Chakra 3)

* Read Powers through p. 106

OCTOBER 10 - Day 4: HINDU TEMPLE, MONASTERY & GARDENS, PICNIC AT THE ARBORETUM

Practice: Mala Making in the Garden + Sunset Yoga Hike up Sleeping Giant

* Read Powers through p. 160

OCTOBER 11 - Day 5: MERIDIANS, ORGANS, ACU-YOGA INTRO + YOGA NIDRA

Practice: Go-to the Heart ~ Vinyasa with Acu Yin Yoga Restore Sequences (Chakra 4)

* Read Little through p. 195

OCTOBER 12 - DAY 6: HEALING WHAT HURTS: YOGA, DANCE, ART, & THE EMOTIONAL BODY

Practice: Clearing What Ails us with Watercolor, Writing, and Wandering (Chakra 5)

* Study The Radiance Sutras - Choose a SUTRA to Share for tomorrow - bring an instrument if you have one to class tomorrow

OCTOBER 13 - Day 7: UNRAVELING STORIES, NEURAL PLASTICITY, QUESTIONING OUR THOUGHTS

Practice: Sutra: Roleplay & Adult Yoga Games: Music, Magic, & Mayhem - (Chakra 6)

* Study Radiance Sutras - Choose a SANSKRIT WORD & DESIGN A SHORT MEDITATION OR MOVEMENT PRACTICE to share with the group

OCTOBER 14 - Day 8: MUDRAS & MANTRA, NVC, CONSCIOUS RELATING & COMMUNICATING

Practice: Vocal Release, Rock-Your-Socks-Off Transformational High Charge Yoga (Chakra 7)

* Read Little through p. 228

OCTOBER 15 - Day 9: ALOHA FRIDAY BEACH DAY ON THE NORTH SHORE - LUMAHAI!

Weather permitting. We have alternate locations, such as Lydgate & other back up plans!

OCTOBER 16 - Day 10: INTEGRATING THE 8 Limbs OF YOGA, CLOSING CIRCLE & INTEGRATION

Practice: HULA & LEI MAKING to Loosen us up for our Evening Yoga Dance Celebration (DJ)

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

* Our training coincides with the Hindu Festival of Navratri - a Celebration of the Goddess Durga
We will be honoring the Goddess by wearing her colors throughout the immersion.