



cloud nine yoga

representing heaven on earth since 1995

300 ADVANCED IMMERSION - FALL 2022 YOGA TRAINING :: Part 1

Modules 1 - 3: Know Thy Body, Know Thyself. A Re-Education of BODY-HEART-MIND. Dance in Your Own Skin

BUY THESE TEXTBOOKS FOR OUR TRAINING IMMERSION:

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

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

Radiance Sutras by Dr Lorin Roche - pre-training please read thru page 80

Read the corresponding practices of Sutras 1 - 45 in Part Two: pages 177 - 251

A Journey Through The Chakras

THURSDAY, Nov 3

ORIENTATION, PROGRAM OVERVIEW, WELCOME

Weaving the Radiance: Holding Space for It ALL

Tending the Roots: Intro to Yin & Meridian Theory + Subtle Body Healing

* Read Powers through pg. 55

FRIDAY, Nov 4

Earthing Your Instincts - What it means to be EMBODIED

Kidney/Bladder Sequence: Decompression & Assessments

The Power of Teaching: Cuing-Sequencing-Themes-Added Yums

* Read Little through pg. 102

SATURDAY, Nov 5

IN THE SEAT OF THE GODDESS: Meditations with the Divine Mother (Insight Verses)

The Lower Triangle - Subtle Body Feet —> Pelvis

SANSKRIT + VIJNANA BHAIKAVA TANTRA (please bring **Radiance Sutra** book)

* Read Powers through p. 83

SUNDAY, Nov 6

THAI YOGA MASSAGE mini training @ Erika & Adam's

Hike SLEEPING GIANT

Liver/Gallbladder Yin Common Postures

* Read Little through p. 159

MONDAY, Nov 7

YOUR Hidden POWER: Somatic Organization + Core Awakening

Art Meditation

Spleen/Stomach Sequence

* Read Powers through p. 106

TUESDAY, Nov 8

BIG EXCURSION DAY - HANAKAPIAI HIKE & Ke'e Beach - NORTH SHORE

Applied Ayurveda for Daily Life.

Buddha Dharma & Meditations Beyond the Mat

* Read Little through p. 195

WEDNESDAY, Nov 9

LOTUS HEART: Pranayam Practices + Lung/Heart/Intestines Yin Seq

The Influence of the Mind - Supporting Harmonious Pranic Flow

MAKING MALAS

* Read Roche through p. 147 and corresponding practices p. 252 - 341



THURSDAY, Nov 10

ORACLES OF INSPIRATION: TAROT FOR YOGA TEACHERS

MOON SALUTATION CYCLES & LUNAR WISDOM

112 Meditations for Ecstatic Yoga in Daily Life

* Read Powers through p. 160, Little through p. 228

FRIDAY, Nov 11

YOGA CHIKASA: A Therapeutic Approach to Yang (Dynamic) Movement

HEALING MANTRAS - Throat Healing

A Yogic Coach You Are. Combining Approaches for the 360 degree Human

* Read Powers through p. 186

SATURDAY, Nov 12

Seated Pranayama & Mindfulness Meditation

SEVA & SANGHA: Our duty to the Earth and all Her Creatures

Journal Your Insights, Prepare to Share Your Workshop Presentation Vision

* Read Little through p. 263, Roche p. 343 - 377

SUNDAY, Nov 13

1000 Petals of Infinity Relax Your Brain, Ease Your Senses, & Know the Divine

ACU-YOGA Healing Practices & MUDRA Meanings (Intro to Modules 4 - 6)

Closing Circle, Celebration, and Blessings

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

"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: As above, so below, As within, so without. 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); 2.) radically nourish our mental/emotional/spiritual energies that make manifest our personal reality; and 3.) work in collaboration with other Beings, including the Universe, to ACE this Earth School."

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