

KAUAI CLOUD NINE YOGA IMMERSION **16-Day 200-hr Yoga Teacher Training Info Sheet**

Ready Yourself for a TROPICAL TRANSFORMATION...in the spirit of ALOHA!

Kauai is the eldest of the main Hawaiian Islands, known as the Garden Isle for its lush green mountain landscapes. From the immense cliffside waterfalls to the deep drop of Waimea Canyon to the picturesque sandy beaches – this powerfully beautiful island is an enchanted place to immerse in spiritual study.



Are you considering a certification course yet rather take a break from your everyday life and fully immerse yourself in the yogic lifestyle? This 16-day Edu-vacation will be filled with all things YOGA, yet fully supported by the Spirit of Aloha.



Join Erika Faith Calig, E-RYT 500, special guest instructors, and students from all over the world in our signature Yoga Alliance Registered 200-hr Certification course. Experience the sacred art of Yoga on Kauai.

Training days are filled with experiential yoga anatomy, yogic philosophy, posture breakdowns, and practice teaching. Between studio time and sleep, island excursions to hike, beach, explore, and chill are planned.

Our retreat sanctuary will enhance your journey. A safe haven for rest between activities and classes, we provide a stocked fridge and pantry with basic breakfast and lunch items, snacks, and fresh fruits in season. It is a clean, quiet place to study, nap, shower, and lay your head each night.

The healing waters of the island are truly a special aspect of which we experience as a group – from waterfalls to the great Pacific Ocean – it is a magical place of blessings and being blessed.

INCLUSIONS along with your yoga training ~

- Island Excursions to beaches, waterfalls, and sacred sites
- Hula Dance Classes, live music experiences
- Farmer's Markets, local shopping



SAMPLE DAILY SCHEDULE:

7:30 am – 9:00 am	Guided Yoga Practice
Morning Transition	Breakfast + Personal Time
10:00 am – 12:30 pm	Anatomy & Asana Intensives
Afternoon Transition	Lunch + Personal Time
1:30 pm - 4:00 pm	Lecture & Peer Teaching
Late Afternoon	Beach Excursion, Hike or Activity
7:30 pm - 9:00 pm	Dinner, Study/Downtime

PRICING:

Includes CLOUD NINE YOGA'S 200 hr In-Depth Studies and Basic Yoga Teacher Certification tuition, Airport pickup/drop off from Lihue International Airport, Group Tours/Excursions, basic breakfast/lunch/snack items to make your own meals, and lodging.

Not included: Round-trip Airfare, Required Course Materials (books), Off-Site meals/shopping, or optional services such as massage. Budget accordingly.

COST BASED ON CHOSEN SLEEPING OPTIONS (when available)

\$6999 Private room

\$5499 Shared room

\$3999 Local/Stay Off-Site (you must have your own transportation)



Books must be ordered/purchased upon registration: CLICK HERE for information:

<http://cloudnineyoga.com/train/curriculum/required-reading-material/>

To Begin Registration, fill out this [FORM](#)

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