



## Fall 200 RYT Kauai Retreat Immersion October 2 - 16, 2024

Lead Instructor Trainer: Erika Faith Calig, E-RYT 500 / Interns: TBD

PRE-TRAINING PREPARATION / ARRANGE YOUR TRAVEL to LIH (Lihue Airport, Kauai)

- [Fill-out Registration](#), Make Payments, [Buy Books](#), Download the [Training Manual](#)
- **Read: Farhi p. xiii – 80**
- Our house is ready for arrivals beginning at 4pm on Wednesday, October 2

Thursday, OCT 3 - PRACTICE Ahimsa / Breathe 🌸🧘

- Opening Circle and Orientation - TALK ABOUT NAVRATRI
- Asana Intensive: The 7 Moving Principles: Foundations for Yoga Practice & Cuing
- Lecture: What is Yoga? 8 Limbs, Yamas & Niyamas (Erika)
- Anatomy: Compression, Tension, Proportion & Orientation
- **Homework:**
  - Read: Farhi p. 81 – 105

Friday, OCT 4 - **ISLAND EXCURSION** - Kalalea Juice, Hindu Temple, Lydgate Beach Park, Kapaa Town

**Please complete homework:**

Anatomy Section - *Vertebral Column and Diaphragm Worksheets* Use *Yoga Body* p. 33 – 79 as a reference + *Save Your Neck & Breathing Room* Yoga Journal articles by Julie Gudmestad

Saturday, OCT 5 - PRACTICE Satya / Yield

- Anatomy: Vertebral Column & Diaphragm
- Lecture: How To Teach Permission-based + Quadrant Style Sequencing, Sanskrit Introduction
- Asana Intensive: 20 Basic Poses for Vinyasa Flow, Intro to Sun Salutations (1/2, Classical, and A series breakdowns) + Basic Breath Instruction
- Peer Teaching: Pair Up for Surya Namaskars focusing on pacing and cueing the breath
- **Homework:**
  - Read: Farhi p. 106 – 130
  - Complete Anatomy Worksheet: Understanding Basic Terms. Use *Yoga Body* p. 5 – 30 as a reference + *Basic Anatomy for Teachers 1, 2 & 3* and *What's In A Stretch* Yoga Journal articles by Julie Gudmestad

Sunday, OCT 6 - PRACTICE Asteya / Radiate 🐢🌴 Toes in the Sand & Sea

- Lecture: Meditation, Pranayama, and Bandhas (Erika)
- Anatomy: Understanding Basic Terms
- Asana Intensive: Foundations in Standing Poses: The Stances (Mountain, Forward, Side, Wide)
- Peer Teaching: Partner up and teach a 3-pose standing flow (Rebecca & Tabitha)
- **Homework:**
  - Read: p. 131 - 150
  - Complete Abdomen Worksheet using *YogaBody* p. 135-142 and *Forget Six Pack Abs* Yoga Journal article by Fernando Pages Ruiz

Mon, OCT 7 - PRACTICE Brahmacharya / Center

- Lecture: Four Types of Yoga, The Schools & Styles of Yoga, Hatha Yoga Family Tree
- Anatomy: Abdominals
- Asana Intensive: Balancing Poses and Quadrant 2 Options for Heat Building - (Tabitha/Rebecca)
- Peer Teaching: Outline a Quadrant 1 Centering Meditation with warm-ups & teach it
- Homework:
  - Read: Farhi p. 151 – 170
  - Complete Anatomy Worksheet on the Shoulder Girdle using *YogaBody* p. 153 – 170 + *Dump The Slump & Break Out of Your Slump* Yoga Journal articles by Julie Gudmestad

Tues, OCT 8 - ISLAND EXCURSION

Weds, OCT 9 – PRACTICE Aparigraha / Support

- Lecture: The Sutras of Patanjali & Hinduism, Nicolai Bachman's Sanskrit, Mudras & Mantras
- Anatomy: Shoulder Girdle
- Asana Intensive: Moon Salutes, Jumping & Floating, Arm Balancing, Seated Postures
- Peer Teaching: Quadrant 3 sequence (Rebecca & Tabitha)
- Homework:
  - Read: Farhi p. 171 - 204

Thurs, OCT 10 - PRACTICE Saucha / Align

- Review Quiz / Study Sheets
- Asana Intensive: Safe Back Bending Practice + Reclining Hip Openers & Back Releasing
- Lecture: Chakras East & West, Chakra Affirmations, Psychology of Yoga (Erika)
- Peer Teaching: Guiding a Savasana - Quadrant 4 Outline/Script
- HANA LEI 🌺🍹
- Homework:
  - Read: Farhi p. 205 – 230
  - Complete Worksheet for The Pelvis, Leg, Ankle & Foot using *YogaBody* p. 119 – 132 as a reference + *Feet First, Thighs Matter, The Long & Short of Legs, Get Hip About Flexors, and Great Gluts* Yoga Journal articles by Julie Gudmestad

Fri, OCT 11 – PRACTICE Santosha / Engage 🍷☀️

- Lecture: Kriyas, Ayurveda & Yogi Nutrition
- Asana Intensive: Children's / Motion Restriction / Service & Trauma / Prenatal
- Anatomy: Pelvis, Legs, Ankle + Foot
- Peer Teaching: Outline a Sequence for a 60 min class
- Homework:
  - Read: Farhi p. 231 - 250
  - Complete Elbow, Wrist, and Hand Worksheet using *YogaBody* p. 171 – 191 + Yoga Journal articles *Arms Control & Bearing Up Under Pressure* by Julie Gudmestad &

Sat, OCT 12 - FULL FREE DAY!

Sun, OCT 13 - PRACTICE Tapas / Return 🌈🧘

- Asana Intensives: Inversions Deconstructed with Restoratives to follow
- Anatomy: Elbow, Wrist, & Hand
- Lecture: Professional Info for the Yoga Teacher, Creating a Safe & Sacred Space for Yoga
- Peer Teaching: Final Presentation Team Assignments
- Homework:
  - Read: Farhi p. 251 – 269

- Complete Anatomy Sheet on Injury & Modifications using *YogaBody* and *Sprained, Strained or Pained & Synovial Fluid and Inflamed Joints* Yoga Journal articles by Julie Gudmestad

Mon, OCT 14 - Swadhyaya /Ishvarapranidhana

- Asana Intensive: Assists & Adjusts
- Anatomy: Injury & Modifications
- Lecture: Boundaries, Non-violent Communication
- Review for Final Exam
- Peer Teaching: Practice Final Presentations
- Homework:
  - **Study for Final Exam**
  - **Prepare for the Final Presentation Day tomorrow!**

Tues, OCT 15 - TESTING DAY

- Teaching Presentations
- Take the Final [Exam](#)
- **HULA FUN 3:30 - 5:00 pm**, Sunset Decompress: Rock Quarry Beach 🌅🌴

Weds, OCT 16 - **MORNING CACAO CEREMONY** 🌿🍫🧘 **Clean Up** / Pack

- 4:00 PM Final practice with Erika & Closing Circle Reflections
- *Final Celebration Dinner - FULL MOON VIBES!*

Thurs, OCT 17 - **DEPARTURE DAY**

A Hui Ho ~ Until We Meet Again. Aloha and Mah FCU alo Nui Loa

*\* Schedules are subject to change without notice. Please remain a flexible Yogi. Thank you! \**

*Aloha Student of Cloud Nine Yoga School, Kaua'i ~ Welcome to your 200 RYT Training!*

*Let this serve as your **full preparation letter** AND a warm tropical breeze from my heart to yours. We are embarking on a very special, sacred journey together in which we are calling in miracles and blessings beyond measure. Our group is here to share a healing space for learning and fun, as well as a much-needed deeply rejuvenating, restful retreat. May our time together be filled with laughter, peace, and tremendous love. Let us support each participant's unique journey and the time, dedication, and investment it took each of us to be here. We put your health and well-being first, so please take the time to read through this letter entirely so we can all agree to the collective creation and experience.*

**1. ALL BALANCES ARE DUE IN FULL 8 Weeks prior to your arrival. \*\* AUGUST 7 \*\***

**Do you know the amount you owe? Need an invoice/receipt for your payments so far?**

**2. Email your *flight arrival and departure times* If you plan to rent a vehicle, please let us know. We have limited parking so we must plan for additional vehicles beyond our own. *We are only able to provide AIRPORT TRANSFERS to the rental house on October 2 and October 17. When will you arrive and will you need a departure day drop-off?***

3. Gather up your **travel necessities** with this handy-dandy packing list:

- Training Manual & textbooks, journal/notebook, pens
- Lightweight Rain Jacket with hood
- Trail shoes and flip-flops
- Yoga mat & favorite props (if you use a strap or block, please bring it with you)
- Swimwear, sunscreen, hat, sunglasses, sarong, Turkish towel for the beach
- Favorite water / hot beverage (to-go) vessel
- Bug repellent (light-colored long sleeves/pants can be worn at sunrise/sunset to prevent mosquito bites, too!)
- Yoga clothes, shorts/tanks (for outdoorsy stuff)
- loungewear and sundresses for evenings in or out
- 1 red or burgundy dress
- Hindu monastery Visit requires covered shoulders & knees, no cleavage revealing shirts or dresses + 1 colorful shawl
- Personal toiletries (shampoo/conditioner/body wash is already provided) and Medications
- Spending money (for food purchases, shopping, massages, etc.)

PLEASE BRING YOUR HEALTH INSURANCE CARD, ID, and all pertinent medications with you.

**The temperatures in early Fall:** upper 80s during the day and mild 70s at night.

**Laundry facilities onsite. Bath Towels and Bed Linens are provided.**

4. **Meals:** We provide simple and healthful food options for our training days - as well as quick grab-in-go snacks by stocking the fridge and pantry for you. **We include coffee and tea, cow & nut milk, traditional and nut butter, bread, bagels, muffins, eggs, yogurt, fresh & frozen fruits, granola, salad greens, legumes/beans, cheese, some fish/chicken, basic condiments, and an abundance of fresh vegetables and fruits in season from our farmer's markets.** Unfortunately, we cannot honor all food requests. There's a grocery store within walking distance where you can purchase supplemental food items for yourself. **Food is not provided during island excursions.** Bring extra money to pay for your food as we explore the colorful and unique cuisine of the island!

**Do you have any severe allergies or definitive food restrictions?**

5. **Quiet Hours:** Please observe **whisper hours** from **10 pm - 7 am**. This is an important way to increase "downtime" for everyone. **Energy renewal is so vital during this time and we demonstrate respect for everyone's need to be still and take quiet space.** Let's agree to "retreat" to our personal sleeping space by 10 p.m. each night so everyone can get the rest needed to stay strong and balanced.

6. **Retreat House:** We will be living together in a beautiful house on the North Shore. We have Wi-Fi onsite, beach chairs, video cables/TV, and some beach accessories. Please keep your personal space tidy. **Do not hang towels on the balcony. Please use the outdoor shower**

**after the beach** or hiking so as not to bring sand or dirt into the house. It is a Hawaii custom not to wear shoes inside.

**7. Daily Schedule:** We BEGIN PROMPTLY at 9 a.m. with our special daily practice class to set the theme of the day. 10:45 am begins the Lecture hour, followed by a short discussion or Q & A. Lunch is at noon. At 1:00 p.m. sharp, it's Anatomy time, followed by Asana Intensive and Peer Teaching. As long as we are on schedule, the curriculum is complete by 5:00 pm.

**8. Excursions:** Hindu Monastery & Gardens, Lydgate Beach Park, Hanalei Bay, North Shore Beaches, Hikes, and Gardens on the East/North side of Kauai.

**9. Seva:** Each participant agrees to take part in serving the whole household community by helping with chores and assisting in numerous ways. Each day there will be assigned KITCHEN ANGELS and FLOOR SWEEPERS on rotation. Students of the Yoga Training Immersion are responsible for practicing the Beauty Way: Always leave a space more beautiful than the way you found it! This is a Yogic Practice called *śauca* and helps us all feel joyous.

**10. Insurance:** In the very unlikely event of problems requiring hospitalization, it is your option to take out travel insurance, which includes additional health insurance. This should cover the cost of an emergency evacuation and repatriation to your home country. Cloud Nine Yoga and Erika Faith Calig, as well as all assistant teachers, interns, support team, and heirs, are not responsible for any expenses incurred on your Immersion retreat. Health problems of any kind that arise while you are on retreat are your sole financial responsibility. **Adequate travel and health insurance has proven to be extremely valuable for participants when circumstances have warranted it.** You are welcome to investigate this on your own and come to your own decision. Some options for you to consider for travel insurance: [www.travelguard.com](http://www.travelguard.com) and [www.travelex.com](http://www.travelex.com) or [www.insuremytrip.com](http://www.insuremytrip.com). PLEASE BRING YOUR MEDICAL CARD and all pertinent medications with you **Do you need to inform us of any medical conditions or medications you are taking?**

**11. Self-Responsibility:** This experience is for those who take responsibility for themselves and embrace the opportunity to expand their vision, dissolve limited thinking, and awaken the heart to vibrant health and radiant living. Those who tend to complain, blame others, and fear life will find this experience to be outside their comfort zone. Under no circumstance are illegal drugs allowed during the Yoga Training Immersion. **Any participant found to be engaged in illegal activities during the Yoga Training Immersion will be subject to dismissal without a refund.**