



cloud nine yoga

representing heaven on earth since 1995

SUBTLE BODY, TANTRA, & YIN YOGA RETREAT

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

Day 1 - JUNE 19 is ARRIVAL DAY

Day 2 - JUNE 20

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

Day 3 - JUNE 21

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

Day 4 - JUNE 22

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

Day 5 - JUNE 23

THAI YOGA MASSAGE

Hike SLEEPING GIANT

Liver/Gallbladder Yin Common Postures

* Read Little through p. 159

Day 6 - JUNE 24

YOUR Hidden POWER: Somatic (re)Organization + Core Awakening

Lei, Hula, & Watercoloring - Dance / Art Meditations

Spleen/Stomach Sequence

* Read Powers through p. 106

DAY 7 - JUNE 25

BIG EXCURSION DAY

Applied Ayurveda for Daily Life.

Buddha Dharma & Meditations Beyond the Mat

* Read Little through p. 195

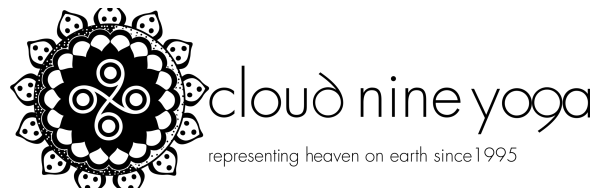
Day 8 - JUNE 26

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

The Influence of the Mind - Supporting Harmonious Pranic Flow

Hindu Temple + MAKING MALAS @The Arboretum

* Read Powers through p. 160



Day 9 - JUNE 27

ORACLES OF INSPIRATION: TAROT FOR YOGA TEACHERS

MOON SALUTATION CYCLES & LUNAR WISDOM

112 Meditations for Ecstatic Yoga in Daily Life

** Read Little through p. 263*

Day 10 - JUNE 28

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*

Day 11 - JUNE 29

Seated Pranayama & Mindfulness Meditation - ANINI BEACH

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

Workshop Presentation Visions & Experience

Celebration Night Dinner

Day 12 - JUNE 30 is DEPARTURE DAY!

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