



Summer 200-hr Kauai Immersion June 26 - July 9, 2025

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**
- Lodging ready for arrivals on June 25

June 26 - PRACTICE Ahimsa / Breathe 🌸🧘 GET FEET IN THE SAND!

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

June 27 - **ISLAND EXCURSION** - Hindu Temple, Lydgate Beach Park, Kapaa Town (Lay of the Land)

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

June 28 - 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

June 29 - PRACTICE Asteya / Radiate 🐢☂️ NATURE CLASSROOM

- Lecture: Meditation, Pranayama, and Bandhas
- Anatomy: Understanding Basic Terms
- Asana Intensive: Foundations in Standing Poses: The Stances
- Peer Teaching: Partner up and teach a 3-pose standing flow
- **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

June 30 - 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
- 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

July 1 - **FREE DAY! Or join an adventure...**

July 2 - 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
- Homework:
 - Read: Farhi p. 171 - 204

July 3 - 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 SUNSET 🌴🌅
- 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

July 4 - **FREE DAY! Or join a 4th of July celebration...**

July 5 - PRACTICE Santosha / Engage 🙌☀️ NATURE CLASSROOM

- 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 the Elbow, Wrist, and Hand Worksheet using *YogaBody* p. 171 - 191 + Yoga Journal articles *Arms Control & Bearing Up Under Pressure* by Julie Gudmestad &

July 6 - PRACTICE Tapas / Return 🌈🌐 NATURE CLASSROOM

- 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

July 7 - Svadhyaya /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!**

July 8 - TESTING DAY

- Teaching Presentations
- Take the Final [Exam](#)
- **CELEBRATION!** 🎉🎊 SURPRISE LOCATION

July 9 - **MORNING CEREMONY** 🌿🙏 Final practice with Erika & Closing Circle Reflections
Lodging Departures on July 10.

A Hui Ho ~ Until We Meet Again. Aloha and Mahalo 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 special, sacred journey together, calling in miracles and blessings beyond measure. Our group is here to share a healing space for learning and fun and 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.*

*Email your **flight arrival and departure times** to arrange airport pick-up **OR** your pick-up time/location & drop-off time/location for our logistics team. Please let us know if you plan to rent a vehicle. We can only provide a **TRANSFER** to the rental house on June 25 for arrivals, July 9 for evening, or July 10 for morning and afternoon departures. If you are coming to Kauai ahead or staying after, you will need to arrange your transport and lodging outside this timeframe.*

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

*Summer temperatures are in the upper 80s during the day and high 70s at night. There is high humidity! **Laundry facilities are on site. Bath Towels and Bed Linens are provided.***

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

- Manual & textbooks, journal or 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 (Lightweight/ 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 / shirt
- Hindu monastery Visit requires covered shoulders & knees, no cleavage revealing shirts or dresses + 1 colorful shawl for the ladies, long pants and sleeved button up for the men
- Personal toiletries & MEDICATIONS (shampoo/conditioner/body wash is provided)
- Spending money (for food purchases, shopping, massages, etc.)

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

Excursions & Hikes (in no particular order, based on weather and availability): Hindu Monastery & Gardens, The Arboretum, Lydgate Beach Park, Hanalei Bay & Shopping, Kalapaki Bay, Southside (Poipu), Waimea Canyon, Kealia Beach, Anini Beach, Ho'opi'i Falls, and Makaleha Spring.

Insurance: In the very unlikely event of problems requiring hospitalization, you can 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 and all assistant teachers, interns, support team, and heirs are not responsible for any expenses incurred on your Immersion retreat. Health problems arising while on retreat are your sole financial responsibility. **Adequate travel and health insurance has proven extremely valuable for participants when circumstances warrant 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 are www.travelguard.com, www.travelex.com, and 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 complain, blame others, and fear life will find this experience 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.**

Eastside Farmer's Markets:

Sunday - Lihu'e @ KCC from 8am - 12:30 pm

Tuesday/Thursday - Wailua @ Coconut Marketplace 9 am - 1pm

Wednesday - Kapa'a @ Soccer Field from 3pm - 4:30 pm

Thank you for reading and reviewing this sheet.
Looking forward to seeing you in Kauai!