

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

*Temperatures on Kauai are in the low 80s during the day and high 60s at night. Pack Your Yoga School Necessities and bring them with you to all meetings. This includes a Printed Manual, textbooks, journal/notebook, pens/highlighter/pencils, and water. Please dress to move and be comfortable. Bring snacks to eat during our breaks. Always have plenty of water for each day.*

**Meeting Schedule:** Our training will be hosted by [BARRE SOUL STUDIO](#) in KAPAA. Some days, we will meet in a Nature Classroom or offsite; the locations and meeting times, including the expected daily wrap up times are addressed in the schedule/syllabus below.

**Certification:** Students must complete the 200 hours of curriculum to receive certification at the RYT 200 Level, as per Yoga Alliance. Cloud Nine Yoga has been a RYS (Registered Yoga School) since 2002 and offers Continuing Education Credit, as well as Advanced Studies for 300 RYT / 500 RYT both Online and in person.

**Insurance:** In the unlikely event of illness or accident requiring hospitalization, we recommend travel insurance in addition to your personal health insurance. Some options for you to consider are [www.travelguard.com](http://www.travelguard.com), [www.travelex.com](http://www.travelex.com), and [www.insuremytrip.com](http://www.insuremytrip.com). Bring your medical ID card and all pertinent medications with you.

**Refunds:** We do not offer refunds, but can offer rescheduling of your training or an online training instead of in person, in the event you are unable to attend as planned.

**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.*

**Schedules:** As in life, they are subject to change without notice. Please remain a flexible Yogi.

*Aloha & Blessings from my Heart to Yours!*



Founder & Director of Training, Cloud Nine Yoga Schools  
Kauai, Hawaii



## Winter 200-hr Kauai Immersion January 7 - 22, 2026

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

### PRE-TRAINING PREPARATION / ARRANGE YOUR TRAVEL (LIH) / LODGING (Kapaa, Kauai)

- Fill out a [Registration](#), Make Payment, [Buy Books](#), Download the [Training Manual](#)
- Read: Farhi p. xiii – 80, Attend Our Pre-Training Zoom Mentoring Meetings
- If you are traveling to Kauai, please arrive by Wednesday, 1/ 7 to settle in

### January 8 (Thurs) - PRACTICE Ahimsa / Breathe - 10:00 am Barre Soul Kauai Studio

- 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
- **BREAK from 4:00 - 7:00 pm**
- Yin Yoga & Sound Healing @ 7:00 - 8:15 pm Barre Soul

Jan 9 (Fri) - **GROUP BONDING EXCURSION** - Get to know the area's most brightest spots. Learn about Hinduism, Mantra, Deities, and receive a first hand experience of a real working Monastery. Wear a long dress or long pants that cover your knees - be sure to cover your shoulders/chest, slippers or easy on/off shoes are recommended. Bring a change of clothes, money for shopping at the monastery & lunch, as well as sunscreen/suit/towel for the beach! Happy Aloha Friday!

9:00 am Hindu Temple, 12:30 pm Vegetate 808, 2:00 pm Lydgate Beach, Pau by 5:00 pm

- **Homework:**
  - Read: Farhi p. 81 – 105
  - Complete 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

### Jan 10 (Sat) - PRACTICE Satya / Yield - 10:00 am Barre Soul Kauai Studio

- **10 am** Yoga Essentials Class Barre Soul
- **BREAK from 11:45 am - 12:15 pm**
- 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
- Pau by 5:00 pm
- **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

Jan 11 (Sun) - PRACTICE Asteya / Radiate 🌿☂️ **NATURE CLASSROOM DAY.** I am subbing the hour-long Sunday Morning class at the studio! Bring a Yoga mat, towel, sunscreen, hat, sunglasses, change of clothes, wear your suit, snacks, and WATER! It is always good to carpool for ease in parking.  
**10:00 am** Meet at Kalale'a Juice Hale Anahola (açai bowls/smoothies/juice stop)

**11:30 am @Anini Beach Park. Pau by 5:00 pm**

- 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 the Abdomen Worksheet using *YogaBody* p. 135-142 and *Forget Six Pack* Abs Yoga Journal article by Fernando Pages Ruiz

Jan 12 (Mon) - PRACTICE Brahmacharya / Center - **11:00 am Barre Soul Kauai Studio**

- 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
- Pau by 5:00 pm
- Homework:
  - Read: Farhi p. 151 - 170
  - Complete the 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

Jan 13 (Tues) - **Rest, Catch up on Readings/Homework/Study**

Jan 14 (Wed) - PRACTICE Aparigraha / Support - **10:00 am Barre Soul Kauai Studio until 2pm, then Rudraksha Forest for Malas & Mantras until 4:00 pm**

- 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
- Pau by 4:00 pm
- Homework:
  - Read: Farhi p. 171 - 204

Jan 15 (Thurs) - PRACTICE Saucha / Align - **10:00 am Barre Soul Kauai Studio**

- 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
- **BREAK from 4:00 - 7:00 pm**
- *Yin Yoga & Sound Healing @ 7:00 - 8:15 pm Barre Soul*
- 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

Jan 16 (Fri) - **Rest, Catch up on Readings/Homework/Study**

Jan 17 (Sat) – PRACTICE Santosha / Engage - **10:00 am Barre Soul Kauai Studio**

- 10 am Yoga Essentials Class
- **BREAK from 11:45 am - 12:15 pm**
- 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
- *Pau by 5:00 pm*
- 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 &

Jan 18 (Sun) - PRACTICE Tapas / Return - **11:00 am Barre Soul Kauai Studio**

- Asana Intensive: Inversions Deconstructed with Restoratives to follow
- Anatomy: Elbow, Wrist, & Hand
- Lecture: Professional Info for the Yoga Teacher & Classroom Safety
- Peer Teaching: Final Presentation Team Assignments
- *Pau by 5:00 pm*
- 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

Jan 19 (Mon) - **Rest, Catch up on Readings/Homework/Study**

Jan 20 (Tues) - PRACTICE Svadhyaya /Ishvarapranidhana **11:00 am Barre Soul Kauai Studio**

- Asana Intensive: Assists & Adjusts
- Anatomy: Injury & Modifications
- Lecture: Boundaries & The Compassionate Communication Model
- Review for Final Exam
- Peer Teaching: Practice Final Presentations Run-Through
- *Pau by 5:00 pm*
- Homework:
  - **Study for Final Exam**
  - **Prepare for the Final Presentation Day tomorrow!**

Jan 21 (Weds) - **TESTING DAY - 11:00 am Barre Soul Kauai Studio**

- Teaching Presentations **until 3:00 pm**
- Take the Final **Exam (ONLINE)**
- **CELEBRATION Dinner & CLOSING Circle 5:00 pm @Erika's House**

Jan 22 (Thurs) - **9:00 AM CEREMONY @Alicia's House** Followed by Picnic + Beach until 5pm 🌅👋

A Hui Ho ~ Until We Meet Again. Aloha and Mahalo Nui Loa