

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 held mostly in and around KAPAA, HI. Some days, we will meet in a Nature Classroom or offsite; see the schedule/syllabus below for details.

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, www.travelex.com, and 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*



Spring 200-hr Kauai Immersion

March 21 - April 3, 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](#)
- **HOMEWORK:** *Read: Farhi p. xiii – 80, Attend Our Pre-Training Zoom Mentoring Meetings*
- *If you are traveling to Kauai, please arrive by 3/20 to acclimate and settle in*

March 21 (SAT) - **8:30 am - 4:30 pm OPENING CIRCLE, ORIENTATION, & FOUNDATIONS (Erika's)**

- 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, 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*

March 22 (SUN) - **10:30 am - 6:30 pm ALL DAY BARRE SOUL STUDIO, KAPAA**

- 10:30 AM SOMATIC HEALING
- Anatomy: Understanding Basic Terms
- Lecture: How To Teach Permission-based + Quadrant Style Sequencing
- Asana Intensive: 20 Basic Poses for Vinyasa Flow, Intro to Sun Salutations
- Sanskrit Language & Pose Names to Memorize
- Peer Teaching: Quad 1 - Centering Meditation, Breath, and Opening Floorwork

HOMEWORK: *Read: Farhi p. 106 – 130, Complete Anatomy Section - Vertebral Column and Diaphragm Worksheets Use Yoga Body p. 33 – 79 as a reference + Focus On Your Feet, Save Your Neck, and Breathing Room Yoga Journal articles by Julie Gudmestad*

March 23 (MON) - **8:30 am - 4:30 pm MORNING NATURE CLASSROOM, BARRE SOUL AFTERNOON**

- Anatomy: Vertebral Column & Diaphragm
- Lecture: Meditation, Pranayama, and Bandhas
- 11:00 AM HULA AUANA
- Asana Intensive: Standing Pose Stances, Balancing, and Side Bending
- Peer Teaching: Quad 2 - Classical Sun Salutes & Standing flows

HOMEWORK: *Read: CATCH UP /REVIEW FARHI Complete the Abdomen Worksheet using YogaBody p. 135-142 and Forget Six Pack Abs Yoga Journal article by Fernando Pages Ruiz*

March 24 (TUES) - **8:30 am - 4:30 pm Erika's**

- Lecture: Four Types of Yoga, The Schools & Styles of Yoga, Hatha Yoga Family Tree
- Anatomy: Abdominals
- Asana Intensive: Abs & Arm Balancing (OH MY!)
- Peer Teaching: Quad 2 - Building Heat

HOMEWORK: *Read: Farhi 131 - 158 Catch up on ALL Anatomy, Review Notes, Study Terms*

March 25 (WED) - **3:30 pm - 8:30 pm BARRE SOUL KAPAA**

- Anatomy: Q & A
- Lecture: The Sutras of Patanjali
- Asana Intensive: Seated & Reclining Forward Bends, Twists, and Hip Openers
- Peer Teaching: Quad 3 - Opening Deeper
- 5:30 pm YOGA FLOW
- 7:00 pm YIN RESTORE & SOUND HEALING

March 26 (THURS) - **8:30 am - 4:30 pm Rudraksha Forest, Hindu Temple, Lunch, & Beach Time**

Learn about Hinduism, Mantra, Deities, and experience 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 money for shopping, lunch, and change of clothes for beach time*

HOMEWORK: *Read: Farhi p. 158 - 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

March 27 (FRI) - **8:30 am - 4:30 pm Erika's**

- Anatomy: Shoulder Girdle
- Lecture: Chakras East & West, Chakra Affirmations, Psychology of Yoga
- Asana Intensive: Moon Salutes, Finish Seated Postures, Asana Q & A
- Peer Teaching: Quadrant 4 - Restorative & Savasana

HOMEWORK: *Read: Farhi p. 171 - 204*, Complete Worksheet for The Pelvis, Leg, Ankle & Foot using *YogaBody* p. 119 - 132 as a reference + *Ground Control, Thighs Matter, The Long & Short of Legs, Get Hip About Flexors, and Great Gluts* Yoga Journal articles by Julie Gudmestad

March 28 (SAT) - **10:30 am - 4:30 pm Erika's**

- Review Study Sheets for Quiz
- Anatomy: Pelvis, Legs, Ankle + Foot
- Asana Intensive: Safe Back Bending
- Lecture: Kriyas, Ayurveda & Yogi Nutrition
- Peer Teaching: Outline a full 60-min Hatha Yoga All Levels Class (*Get inspired by the following Yoga Journal Articles - Bust Stress, Energize Your Day, Power Up Your Immune System, Glen Ivy Yoga Month*)

HOMEWORK: Take the [ONLINE QUIZ](#),

March 29 (SUN) - REST DAY!

March 30 (MON) **8:30 am - 4:30 pm MORNING NATURE CLASSROOM, BARRE SOUL AFTERNOON**

- Lecture: Mudras & Mantras, Mala Meditation
- 11:00 AM HULA AUANA
- Asana Intensive: Inversions Deconstructed
- Lecture: Boundaries, NVC, Professional Info for the Yoga Teacher & Classroom Safety
- Peer Teaching: 60-min Class Discussion, Final Presentation Assignments

HOMEWORK: *Read: Farhi p. 205 - 230*, Complete the Elbow, Wrist, and Hand Worksheet using *YogaBody* p. 171 - 191 + Yoga Journal articles *Arms Control & Bearing Up Under Pressure* by Julie Gudmestad

March 31 (TUES) **8:30 am - 4:30 pm Erika's**

- Asana Intensive: Prenatal / Postnatal / YogaPlay for Kids / Seniors & Motion Restriction
- Anatomy: Elbow, Wrist, & Hand
- Lecture: Ethics, Classroom Safety, Karma & Dharma
- Peer Teaching: Group Presentation Dry Run

HOMEWORK: *Read Farhi p. 231 - 250, Complete Anatomy Sheet on Injury & Modifications using YogaBody and Sprained, Strained or Pained, Identify & Heal Students' Soft-Tissue Injuries, Synovial Fluid and Inflamed Joints* Yoga Journal articles by Julie Gudmestad

April 1 (WED) - **3:30 pm - 8:30 pm BARRE SOUL KAPAA**

- Anatomy: Injury & Modifications
- Asana Intensive: Restoratives, Yin Yoga, & Mindfulness, Assists & Adjusts, Partnering
- Peer Teaching: Final Teaching Presentation Run Through
- 5:30 pm YOGA FLOW
- 7:00 pm YIN RESTORE & SOUND HEALING

HOMEWORK: *Read Farhi p. 251 - 269 (Putting it all Together) + Yoga Journal Article: Why Teach Sanskrit Names*

April 2 (THURS) - **10:30 am - 4:30 pm Erika's**

- Final Teaching Presentations & Feedback
- Full Final Exam Review

HOMEWORK: Take the Final [Exam \(ONLINE\)](#)

April 3 (FRI) - **CLOSING CIRCLE & CEREMONY 8:30 am - 4:30 pm** ☀️ 🌸 Special Outing Planned!

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