

**300-hr Advanced Yoga Teacher Training & Certification**  
**June 6 - 27, 2017 :: Kilauea, Kauai**  
**Facilitated by Erika Faith Calig + Special Guest Instructors**

*Required Reading: Perfect Health by Deepak Chopra, MD*  
*Required Reading: Radiance Sutras by Lorin Roche, PhD*  
*Required Reading: The Secret Power of Yoga by Nischala Joy Devi*  
*Required Reading: Insight Yoga by Sarah Powers*

**WEEK ONE**

June 6 – 13 Topics: AYURVEDA, NUTRITION & CLEANSING, KUNDALINI YOGA, ENERGY ANATOMY & CHAKRAS, POWER OF TEACHING, and YOGANIDRA

June 6: ARRIVAL & SETTLE IN

6:00 pm EVENING MEAL

8:00 pm OPENING CIRCLE

\* Read Chapters 1 – 3 (pgs. 3 – 86, Chopra)

June 7:

7:30 am MORNING MANTRA & KUNDALINI YOGA

10:00 am BRUNCH

11:30 am – 3:30 pm AYURVEDA DECONSTRUCTED

4:00 pm **YOGA PRACTICE**

6:30 pm DINNER

8:00 pm PREVENTING INJURIES & MODIFYING POSTURES

\* Read Chapters 4 – 6 (pgs. 87 – 149, Chopra)

June 8:

7:30 am – 9:30 am MORNING MANTRA & KUNDALINI YOGA

10:00 am BRUNCH

11:30 am – 3:30 pm ENERGY BODY ANATOMY & THE CHAKRAS

4:00 pm **YOGA PRACTICE**

6:30 pm DINNER

8:00 pm ANATOMY OF YOGA REVIEW, INJURY & DISEASE

June 9: ALOHA FRIDAY OUTING DAY

DEPART 9:00 AM, BACK BY 7:00 PM

June 10:

7:30 am – 9:30 am MORNING MANTRA & KUNDALINI YOGA

10:00 am BRUNCH

11:30 am – 3:30 pm NIDRA, AYURVEDA HEALTH & NUTRITION

4:00 pm **YOGA PRACTICE**

6:30 pm DINNER

8:00 PM BODY PSYCHOLOGY & PSYCHIC PHENOMENON

\* Read Chapters 7 – 9 (pgs. 151 – 231, Chopra)

June 11:

7:30 am – 9:30 am MORNING MANTRA & KUNDALINI YOGA  
10:00 am BRUNCH  
11:30 am – 3:30 pm POWER OF TEACHING  
4:00 pm WALK, BEACH, or YOGA PRACTICE  
6:30 pm DINNER  
8:00 PM SANSKRIT REVIEW / HEALING ADDICTION w/ YOGA & AYURVEDA  
\* Read Chapters 10 – EPILOGUE (pgs. 235 – 375, Chopra)

June 12:

7:30 am – 9:30 am AYUR YOGA  
10:00 am BRUNCH  
11:30 am – 3:30 pm EXTRA SPECIAL WORKSHOP WITH LARISA  
4:00 pm **YOGA PRACTICE**  
6:30 pm DINNER  
8:00 pm PERFECT HEALTH WRAP UP

### WEEK TWO

June 13 – 20 Topics: YOGA SUTRAS, ASHTANGA YOGA, RADIANCE SUTRAS, PARTNER/ACRO YOGA, THAI YOGA MASSAGE, REIKI, and THE YOGA OF COMMUNICATION.

June 13:

TRANSITION – SEVA – REST DAY  
10:00 am BRUNCH  
6:30 pm DINNER  
8:00 pm SANGHA CIRCLE  
\* Read Radiance Sutras/Yuktis (1 - 37, Roche)

June 14:

7:30 am – 9:30 am MORNING RADIANCE - CLOUD NINE FLOW  
10:00 am BRUNCH  
11:30 am – 3:30 pm PARTNER/ACRO YOGA  
4:00 pm WALK, BEACH, or YOGA PRACTICE  
6:30 pm DINNER  
8:00 pm YOGA OF COMMUNICATION  
\* Read Radiance Sutras/Yuktis (38 – 75, Roche)

June 15:

7:30 am – 9:30 am MORNING RADIANCE - ASHTANGA  
10:00 am BRUNCH  
11:30 am – 3:30 pm REIKI PRACTITIONER TRAINING  
4:00 pm **YOGA PRACTICE**  
6:30 pm DINNER  
8:00 pm ETHICS, COACHING CLIENTS, PRIVATE LESSONS  
\* Read Radiance Sutras/Yuktis (76 – 112, Roche)

June 16: ALOHA FRIDAY OUTING DAY

DEPART 9:00 AM, BACK BY 7:00 PM

June 17:

7:30 am – 9:30 am MORNING RADIANCE - CLOUD NINE FLOW  
10:00 am BRUNCH  
11:30 am – 3:30 pm THAI YOGA MASSAGE  
4:00 pm WALK, BEACH, or YOGA PRACTICE  
6:30 pm DINNER  
8:00 pm SEQUENCING, CUING & CONDUCTING CLASSES  
\* Read Secret Power of Yoga (1 – 87, Devi)

June 18

7:30 am – 9:30 am MORNING RADIANCE - ASHTANGA  
10:00 am BRUNCH  
11:30 am – 3:30 pm YOGA SUTRAS OF PATANJALI SAMADHI PADA  
4:00 pm **YOGA PRACTICE**  
6:30 pm DINNER  
8:00 pm PLANNING WORKSHOPS & RETREATS  
\* Read Secret Power of Yoga (88 – 162, Devi)

June 19

7:30 am – 9:30 am MORNING RADIANCE - CLOUD NINE FLOW  
10:00 am BRUNCH  
11:30 am – 3:30 pm REIKI MASTER-TEACHER TRAINING  
4:00 pm **YOGA PRACTICE**  
6:30 pm DINNER  
8:00 pm YOGA SUTRAS OF PATANJALI – SADHANA PADA  
\* Read Secret Power of Yoga (163 – 247, Devi)

### WEEK THREE

June 20 – 27 Topics: YIN/YANG YOGA, PRANAYAMA, MEDITATION, YOGA & BUDDHISM, ART MEDITATION, AROMATHERAPY, and SPECIALTY CLASSES

June 20

TRANSITION – SEVA – REST DAY  
10:00 am BRUNCH  
6:30 pm DINNER  
8:00 pm SANGHA CIRCLE

June 21

7:30 am – 9:30 am MINDFUL MORNING YIN/YANG YOGA W/ PRANAYAMA FOCUS  
10:00 am BRUNCH  
11:30 am – 3:30 pm ART MEDITATION  
4:00 pm **YOGA PRACTICE**  
6:30 pm DINNER  
8:00 pm TEACHING PRENATAL YOGA  
\* Read Insight Yoga (pgs. 3 – 55, Powers)

June 22:

7:30 am – 9:30 am MINDFUL MORNING YIN/YANG YOGA W/ MEDITATION FOCUS  
10:00 am BRUNCH  
11:30 am – 3:30 pm ART MEDITATION  
4:00 pm **YOGA PRACTICE**  
6:30 pm DINNER  
8:00 pm TEACHING YOGAPLAY FOR KIDS  
\* Read Insight Yoga (pgs. 57 – 100, Powers)

June 23: ALOHA FRIDAY OUTING DAY

DEPART 9:00 AM, BACK BY 7:00 PM

June 24:

7:30 am – 9:30 am MINDFUL MORNING YIN/YANG YOGA W/ AROMATHERAPY FOCUS  
10:00 am BRUNCH  
11:30 am – 3:30 pm ART MEDITATION  
4:00 pm **YOGA PRACTICE**  
6:30 pm DINNER  
8:00 pm TEACHING YOGA FOR MOTION RESTRICTION  
\* Read Insight Yoga (pgs. 100 - 168, Powers)

June 25:

7:30 am – 9:30 am MINDFUL MORNING YIN/YANG YOGA W/ BUDDHIST PHILOSOPHY  
10:00 am BRUNCH  
11:30 am – 3:30 pm ART MEDITATION  
4:00 pm **YOGA PRACTICE**  
6:30 pm DINNER  
8:00 pm TEACHER'S PRACTICUM / LIVING YOGA  
\* Read Insight Yoga (pgs. 169 - 189, Powers)

June 26:

7:30 am – 9:30 am MINDFUL MORNING YIN/YANG YOGA W/ MANTRA FOCUS  
10:00 am BRUNCH  
11:30 am – 3:30 pm ART MEDITATION  
4:00 pm **YOGA PRACTICE**  
6:30 pm DINNER  
8:00 pm FINAL OVERVIEW OF YIN THEORY & PRACTICE

June 27: DEPARTURE DAY!

7:30 am CLOSING PRACTICE & CIRCLE  
10:00 am BRUNCH  
PLEASE ARRANGE TO DEPART BY NOON