

## **Overview of davannayoga® Vinyasa Training**

davannayoga's® training focuses on teaching the Vinyasa style to all levels of yoga practitioners. Our purpose is to uphold and maintain the highest standard of safety and instruction for all yoga teachers.

You will learn how to teach asana, pranayama, mantra, mudra and meditation, as well as davannayoga's signature assists and adjusts to help the student relax and take their practice deeper. To this traditional training, you will add your own creative style to become the teacher that you have always wanted to be!

### **A Typical Day at davannayoga Teacher Training:**

\*6:30 or 7:15am: Opening Mantras, pranayama practice, questions from homework and walking meditations.

*\*When the course is shorter and weather is warmer (mainly in July), we begin earlier at 6:30am.*

**Morning:** Asana practice and teaching asanas/adjusting/anatomy work or co-create and practice giving a class with your peers. Mornings may contain 1-2 practices in the form of classes that you give or classes that the course leader gives.

**Lunch break** - time depends on length of day.

**Afternoon:** Practical training in day's course work (see full curriculum in other links), anatomy, history, philosophy, teaching methodology, sequencing restorative yoga class, working with special groups, props workshops, etc... ending with closing mantra .

**Afternoon:** Free from 4-7

**Most Evenings** (3-4 nights per week) we are together from 7-9 pm: More asana practice, pranayama practice, meditation practice or Kirtan depending on your course work progress.

**Friday evenings** there is a Kirtan Mantra Meditation class that we partake in.

**Saturdays** we get out a bit early giving you time to rest, study, or work on the final sequence that you will lead the other student teachers in. There is time for swimming in the ocean, sunning and rejuvenating.

**Some Sundays** included or all Sundays included depending on length of course.

**All evenings** will include self-study homework, self-guided pranayama and meditation and journaling, of reading in your manual or creating sequences or study of Sanskrit.

PLEASE NOTE: THIS IS AN INTENSIVE TRAINING, YOU WILL DEEPEN YOUR PRACTICE. YOU MUST HAVE 3-6 DAYS OF PRACTICE PER WEEK WORKING UP TO THIS TRAINING. WE PRACTICE TOGETHER 6-7 DAYS PER WEEK ONCE HERE. YOU SHOULD NOT COME WITH PRE-EXISTING INJURIES THAT WILL INHIBIT YOU FROM GETTING THE MOST OUT OF YOUR PRACTICE.

**Course Leader/Director:**

ANNA LAURITA , is an E-RYT - 500 with the Yoga Alliance.

She has over 14,000 teaching hours registered with the Yoga Alliance.

Anna is a certified Yogic Arts™ teacher and an ERCYT (Experienced Registered Childrens Yoga Teacher) as well as an ERPYT (Experienced Registered Pre-natal Yoga Teacher) with the Yoga Alliance. And is a Registered Dharma Yoga Teacher under Sri Dharma Mittra.

Anna began her yoga studies in 1991 in Katmandu, Nepal and has traveled extensively since then in Asia, where she met her most influential teacher

Master Duncan Wong, who honored her with her first teaching certification. Anna has also studied with Srivatsa Ramaswami, (a 30 year student of Sri Krishnamacharya) from whom she received a certificate in Vinyasa Krama. Anna has also studied at the Krishnamacharya Yoga Mandiram in Chennai, India where she continues to return and deepen her education as well as working with a KYM mentor.

She has traveled and studied in the US, Asia and Latin America to learn techniques that promote health, happiness and peace which she has folded into the davannayoga style. She is known for her powerful practice, intuitive understanding of the body and her creative, and engaging teaching style. Anna owns davannayoga® school in Puerto Vallarta where she lives with her husband and three children.

**A davannayoga® trained teacher will be able to:**

Properly convey the value and technique of the various yoga practices.

Meet the needs of both the most advanced and first time student within the same class.

Confidently give thai yoga massage-based adjustments and transitions to help the student relax and go deeper in their yoga practice.

Sequence and teach a Vinyasa flow yoga class set to upbeat and inspirational music, infusing the practitioner with energetic postures and rhythms.

Lead a practice with breath, alignment and intention in the forefront.

Offer opportunities for the student to take their practice deeper in a safe environment, to let go and feel Yoga Good!

Help people with special needs to practice yoga (pre-natal, de-conditioned, injured, etc...)

## **Yoga Alliance Registry**

You will register with the Yoga Alliance easily and confidently knowing that davannayoga is a Registered Yoga School so our curriculum has already been approved by the YogaAlliance.

**Teaching certification is awarded** on the basis of successful comprehension and mastery of the principles and practice of Yoga and the ability to communicate them to others. Those diligently applying themselves should find no difficulty in achieving success.

## **Criteria for receiving davannayoga® teacher certification:**

You must have a 100% attendance record at all trainings.

You must hand in all required book reports and homework assignments (see class curriculum for required reading assignments)

Student must agree to the davannayoga teacher guidelines and ethics.

You must successfully (as evaluated by director) lead a class to your peers, that you will create throughout the program.

*“As davannayoga® trained teachers, we offer a Service to our students and our community. We are honored to lead the students’ practice. We realize the importance of our position and what an impact it has on one’s self and our students.” Anna Laurita*