

Your Payment Includes/Does Not Include

Your Payment Includes:

Your davannayoga® training manual and Mudras, Yoga in your Hands by Gertrud Hirschi and use of a yoga mat if needed during your training . You will also receive free public classes during training, free public workshops during the training time, 2 kirtan/ meditations per week, a group activity, and your davannayoga teaching certificate.

Your friends/family who accompany you for this training will receive 1/2 off of all classes while you are in training.

Your Payment Does Not Include:

Fees for Yoga Alliance Registration

After receiving your davannayoga® teaching certificate, you will be qualified for Yoga Alliance Registration. For Yoga Alliance registration there is an extra charge paid directly to the Yoga Alliance. You may register electronically and then they verify your completion of our program with davannayoga before granting your registration. It is your responsibility to apply for Yoga Alliance Certification once you are qualified through davannayoga® and have received your certificate.

Required Reading Material

Required reading material should be obtained before arriving as these books are not available at any book store in Puerto Vallarta. You only have to bring Anatomy and Asana by Susi Hatley Aldous with you. All other books you can leave at home and use them for writing your essays.

Lodging, Food or Transport

The training package DOES NOT offer lodging, food or transport. See below for housing recommendations. We recommend you **purchase travelers insurance** for loss of flights, delays, illnesses or injuries while traveling, lost or stolen items and other covered situations. Davannayoga is not responsible for injuries in transport, illnesses, loss or theft of items while you stay in Puerto Vallarta.

Application & Deposit Fee:

Please send in the application first - once it is accepted, you may then pay your deposit.

A deposit of \$1000USD (or equivalent in pesos at current exchange rate) must be received to confirm your spot in the training. We have limited spaces available for each training and they are issued on a first come/first serve basis. You may pay by cash, paypal (with your credit card or paypal account), US bank deposit, wire transfer or check. We do not accept credit cards on-site.

Cancellation Policy:

All payments are non-refundable. The full fee is due BEFORE the beginning of the course. There are no refunds. In case of an emergency, you may apply the fee to another course within 24 months of the course for which you originally registered.

In case you need to leave for any reason during the course, you have up to 3 years to return and finish the course. The fee is not transferable to another person.

Nearby Housing Options:

davannayoga is not responsible for your housing choices nor is davannayoga responsible for loss or theft of items during your stay. Please consider purchasing travelers insurance.

Nearby davannayoga® there are good options for housing within a few blocks from our yoga school.

Casa De Amigos PV offers 4 (apartments or rooms) two blocks from Davannayoga- the benefits to this place are too long to list but I'll try.... From a caring host to every kitchen item you could imagine to a washer and dryer to use, ocean view patios, and even use of their SUP's... it's an amazing place to stay. All of our students who have stayed here, give rave reviews of Marc and his beautiful home. These rooms have fully stocked kitchens all except for one which has a coffee maker and refrigerator. The pool and common areas and common kitchen are loaded with supplies from top-of -the-line juice extractors to kitchen aid mixers and Nespresso machines. There is even a beautiful book lending library. See their website and get ready for a wonderful place to call home while

you're in PV! See the rooms on their Website and be sure to see the area to click on their reservation page that says you are coming for a davannayoga event to get a 10% discount: <http://CasaDeAmigosPV.com>

Questions, contact Marc Ferrante <casadeamigospv@icloud.com>

Casa Dulce Vida: <http://www.dulcevida.com> Great casitas with kitchens and they have a big pool to share. Many of the casitas are for sharing and there are also some single casitas. Prices range from 450\$-1000\$usd per month for the completely furnished apartments. This hotel is aprox. 1 block from davannayoga.

Los Cuatro Vientos: <http://www.chezelena.com> , Good pricing offered for long term housing (3 weeks or more) . There is no kitchenette in the rooms. This hotel is two doors from davannayoga.

Hotel Catedral Vallarta: <http://www.hotelcatedralvallarta.com/contactus.php> will make a deal for long term stay. Very comfortable hotel with access to everything.

Christine Chin's Condo's - these condos belong to a Davannayoga certified teacher and are close to the yoga shala. She is willing to work with you on pricing if you're here for the training. Contact : christinewchin@gmail.com. To see the two condos go to: <http://christinewchin.wix.com/condohappy> and <http://christinewchin.wix.com/condokylie>

Sam's Place

Shared accommodation.

Sam is a davannayoga teacher.

Sam and her partner Gilberto have a lovely 3 story home located in the heart of Puerto Vallarta on a quiet street, a 10 minute walk from davannayoga, a 5 minute walk to the beach and the malecón. Easy access to shopping and a block from the bus stop. There is a rooftop terrace with an amazing view of the bay, a beautiful place to watch the fabulous Vallarta sunsets and enjoy the nightly fireworks. Contact Sam Cress at: samcresspv@gmail.com

David's Condo's - 2 nearby condos only 5 min. walk to Davannayoga - Charming, clean condo's with all amenities and great views to the ocean- high speed internet access, cable TV, fully furnished, swimming pool, security and

maid service. If you're interested in these condos, please contact: David Woodcock: david_woodcock@mac.com.

Dreamstudios- Affordable fully-equipped studios with ocean view. Heated saline lap pool and big patio for chilling-out practice. Only a 10 minute walk from davannayoga. Contact Marea for pricing and availability
marea@logroscreativos.com +5215519472031
<https://www.facebook.com/Dream-Studios-in-Puerto-Vallarta-528523250582925/>

Suites Vista Pacifico: Affordable fully equipped studios with a nice pool and great views. Clean but basic. Next door to the best little grocery store in the neighborhood. Only about 3 minutes from davannayoga.
<http://www.suitesvistapacifico.com/>

YOUTH HOSTELS:

Hostel Vallarta Suites: literally steps away is a new upscale hostel that is economical and has individual rooms as well as group rooms. They have very nice staff who understand the needs of a student in a yoga immersion. There are individual suites (bedroom and bathroom) and also bunk rooms to share. Slightly upscale hostel type housing. Great common kitchen area with view to the ocean.
<http://hostalvallartasuites.com/>

Oasis Hostel - 3 blocks from davannayoga - you want the one in old town near the cathedral (there are two) <http://oasishostel.com/en/index.html>

Centro Hostel - A clean and very nice hostel - 5 min. walk to davannayoga.
<https://www.hostelcentralvallarta.com/>

What to Bring/Laundry/Transport:

Yoga Mat, Refillable Water Bottle, a notebook and pens/pencils for note taking. The ocean is warm for swimming and the beaches are beautiful - so Bring a bathing suit!

Laundry service is close to davannayoga and is very affordable so you don't have to pack a lot of clothing. This is a wash/fold service where they charge by the kilo.

Taxis and Busses are affordable, plentiful and safe in Puerto Vallarta.

What is the food like here? Are there vegetarian/vegan options?

On Saturdays (only during the high season - not in May, July or October trainings) in Old Town we have a Farmers Market with many healthy options for food,shampoos, soaps and gifts. In addition, Organic Select (www.organic-select.com)will deliver your order to the yoga studio on Thursdays - you have to have your order in to Anna by Mondays at 12 noon.

There are more and more Organic stores popping up daily. We also have a Costco and Sam's Club that offer many organic options so if you have cards for those stores they are honored here.

Just a few steps away is a mom and pop style restaurant with only 4 tables that makes us juice or coconut water daily. They also very economical meals and snacks. They are flexible and can make almost whatever you want.

Only 2 blocks away is a davannayoga favorite - Vegetarian Planet restaurant with a daily buffet of vegan and vegetarian delights - lunch is ready when you arrive and the cost is only 105 pesos.

There are Tienditas - "little stores" 1 block away with fresh fruit, nuts, breads, beans, vegies and fresh tortillas daily. They have many more things as well.

Often students who liver nearby don't need to go to a big market as they can find what they need at the tiendita.

There are numerous juice stands, fruit stands and sandwich shops very nearby as well as a Starbucks only 5 minutes away by foot if you need a coffee or tea and some nice air-conditioning.

Basically davannayoga is in the center of it all. You will be able to find what you need very nearby.