



**Option I. Summer Intensive 4 week program
= 240 hours delivered across 25 days
June 1- June 25 , 2010**

*There are required reading assignments in this program (see curriculum)
that help you to reach 240 hours.*

Training Cost:

If paid between May 15-May 31, 2010 - 29,900 MXP (USD\$2300)

If paid between April 15- May. 15, 2010: 27,900 MXP (\$USD2146)

If paid before April 15, 2010: 26,000 (USD\$2000)

Deposit and application must be received together.

Full payment must be received 15 days before your training begins.

Deposit of ½ of fees (NON REFUNDABLE) must be paid upon registration

Davannayoga reserves the right to cancel the class 10 days prior to the first session if minimum class size is not reached. 100% of payment made will be refunded to the student.

INCLUDES:

Module 1 – The Art of Teaching - 100 hours

Dates: **June 1-16 7:30am - 3pm** with some evening classes /kirtan/workshops to attend
(Sundays June 6 and June 13 – days of rest)

Includes:

Overview of davannayoga and program

Principles of Classic Yoga Asanas

Alignment Theory and Practice

Posture Specific Alignment and Benefits

Usage of Props

Adapting Postures to the Individual (and special cases such as pre-natal/overweight, etc..)

Vinyasa Flow Technique

Vinyasa Flow Technique and Practice

Yoga Krama/ Sequencing and Practice

Mudras and their Effects

Thai Yoga Massage Basics for Adjusting and Relaxing Students

Thai Yoga Massage Practice

Bandhas Theory, Practice and Their Effects on Asana and Pranayama

Pranayama Techniques in practice

Meditation and the Relax Response (Yoga Nidra)

Meditation and its Benefits

Guided Visualization Theory and Practice

Module 2 – Teaching Methodology – 25 hours

Dates: June 17-19

Times: 7:30am-3pm with some evening classes/kirtan/workshops to attend

Includes:

Assisting and Correcting Asanas – Theory and Practice
Effective Cueing
Developing Verbal Skills
Reading Group Energy and Dynamics
Managing Many Levels in One Class
Cultivating Confidence
Planning Your Class
Practice Teaching with Feedback
Assisting Teachers Practice (shadowing)
Organizing and Promoting Workshops & Classes
Basic Marketing for Yoga

Module 3: Anatomy and Physiology – 20 hours

Dates: June 20-22

Times: 7:30am -3pm with some evening classes/workshops to attend

Includes:

Introductory Anatomy as it is Applied to Asanas
Anatomy of Yoga Postures and Practice
The Physiology of Asana, Breath and Meditation
Injury Prevention
Bandhas (Anatomical and Physiological Aspects)
Chakras and Nadis
Mudras and How They Affect the Body
Adapting the Practice to your Lifestyle and Body – Looking at Doshas
The Effects of Thai Massage on the Postures

Module 4 – Yoga Philosophy, Lifestyle and Ethics – 20 hours

Dates: June 23-25

Time: 7:30am-3pm with some evening classes/workshops/kirtan to attend

Includes:

History of Yoga – Classic and Modern Evolution; Important Teachers & Their Contributions

Fundamentals of the Yoga Sutras & The 8 Limb Path

Major Modern Styles of Yoga

The Art of Living Your Yoga

Yoga and Vegetarianism

Living “Green”

Teacher/ Student Ethics

Karma Yoga

Kirtan Chanting

Module 5: Teaching Apprenticeship – 20 hours

To be scheduled with Class Instructor

Includes: In-class teaching, assisting, receiving feedback, observing, and giving feedback of other teachers. Apprentice teaching under the evaluation of the instructor. This may be in giving a full class or parts of a class at davannayoga. This may be done **during** the training modules depending on the experience of the teacher trainee.