

Teacher Training Curriculum

davannayoga® Teacher Training Curriculum – 200 Hour Level:

Our Teacher Training program has been developed to help each student create a traditional and creative teaching capability. Our purpose is to uphold and maintain the highest standard of safety and instruction for all yoga teachers.

As a yoga teacher it is important not only to have the ability to properly convey the value and technique of the various yoga practices, but also to realize the importance of this position and what an impact it has on oneself and one's students.

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.

Prerequisites:

- Complete Teacher Training Program Application
- Have a minimum of 2 years personal practice or director's approval
- Complete reading and essay assignments before all modules are completed
- Sign davannayoga® Teachers Ethical Guidelines / Code of Conduct

Yoga Teacher Training Curriculum:

The curriculum follows the guidelines recognized by the international yoga community as the standard for yoga teacher training programs. The training is available in modules or intensives.

Module I. Teaching Technique – “The Art of Teaching” - 100 hours

Teaches both the theory and practice of asanas, meditation, pranayama, sequencing, mudras, bandhas and Sanskrit. Yoga asanas are studied in-depth.

More details:

- Principles of Classic Yoga Asanas
- Alignment Theory
- Posture-Specific Alignment & benefits
- Adapting postures to the individual – special cases (pre-natal, overweight, special needs)
- Usage of props
- Vinyasa Flow practice technique
- Yoga Krama/Sequencing your yoga
- Mudras and their effects

- Thai Yoga Massage basics
- Bandhas and their effects on asana and pranayama
- Sanskrit Studies
- Pranayama/breathing methodology
- Pranayama techniques in practice
- Meditation & the subtle body
- Guided Visualization as Meditation
- Meditation and the relaxation response
- Overview of benefits of pranayama
- Overview of benefits of meditation

Module II. Teaching Methodology – 25 hours

Teaches the demonstration and observation of poses; how to assist, adjust, and modify the poses; understanding students' learning styles; developing one's teaching style; and the business of yoga.

More Details:

- Assisting and Correcting Asanas
- Effective Cueing
- Development of Verbal Skills
- Demonstrating for your class
- Reading group energy and dynamics
- Managing many levels in one class – davannayoga® Individual Asana Basis training
- Cultivating confidence
- Planning your own classes
- Practice Teach Sessions & Feedback from other Teacher Training Students
- Opportunity to assist teachers in classes with evaluation
- How to organize and promote a workshop, class, yoga event
- Basic marketing for yoga

Module III. Anatomy and Physiology – 20 hours

Teaches both physical anatomy and physiology and energy anatomy and physiology (i.e., chakras and nadis) as they apply to yoga teaching.

More Details:

- Introductory Anatomy as applied to Asana
- Anatomy of Postures
- The Physiology of Asana, Breath & Meditation
- Injury Prevention
- Advanced Relaxation Techniques
- Prana & the Vayus
- Chakras & Nadis
- Bandhas

- Mudras and how they affect the body
- Adapting the practice to your lifestyle, needs, body
- Thai Massage and its effects on the postures

Module IV. Yoga Philosophy, Lifestyle and Ethics – 30 hours

Teaches the history of yoga; different styles of yoga; yoga philosophy; the Sanskrit names for poses; and the ethical behavior of yoga teachers.

More Details:

- History of Yoga – Classical & Modern; Evolution of Yoga
- Fundamentals of the Yoga Sutras & 8 Limbed Path
- Important teachers and their contributions
- Major modern schools and their approaches
- The Art of Living Yoga - off the mat
- Yoga and Vegetarianism
- Living “Green” – Simple actions to help our environment
- Teacher/Student Ethics
- Karma Yoga Volunteering for Special needs in our community
- Kirtan chanting

Module V. Teaching Apprenticeship – 20 hours

In-class teaching, assisting, receiving feedback, observing, and giving feedback of other teachers. Apprentice teaching under the evaluating eye of the instructor. This may be in giving a full class or parts of a class.

List of Reading For This Curriculum:

The essays on these books can be handed in at any time during the time the modules are being completed.

Required Reading:

Introductory Anatomy as applied to Asana

- *The Heart of Yoga* by Desikachar
O en espanol: *El Corazon de Yoga* por TKV Desikachar
15 Hours to read entire book + 5 hours for Essay = 20 Hours
- *Yoga and Vegetarianism* by Sharon Gannon
10 Hours to read entire book + 5 hours for Essay = 15 Hours
- *The Yoga Sutra of Patanjali*, (In English or Espanol) translation by Chip Hartranft (Shambala Classics)
10 Hours to read entire book + 5 hours for Essay = 15 Hours

Essay Format:

- 1,000 words typed in **English or Spanish**
- Arial or Times New Roman Font, 12-point

- Double-spaced
- On plain white 8x10 paper
- Choose *one* of these report format options:
 - Overview of whole book (or)
 - Summary of one chapter (or)
 - Elaboration on one point

Mandatory Reference Books:

Below are MANDATORY reference books that will be used in the course:

Anatomy and Asana: Preventing Yoga Injuries – by Susi Hatley Aldous

Hatha Yoga Pradipika The Original Sanskrit Svastamarama – English translation by Brian Dana Akers

Yoga Posture Adjustments and Assisting: An insightful Guide for Yoga Teachers and Students – by Stephanie Pappas

Light on Pranayama – by BKS Iyengar

Yoga Mala – by Sri Pattabhi Jois

Yoga Nidra – by Swami Satyananda Saraswati

Other Suggested Reading for Teachers:

Shambala Guide to Yoga – by Georg Feuerstein

Jivamukti Yoga, Practices for Liberating Body and Soul – by Sharon Gannon and David Life

The Bhavad Gita – translation by Easwaran

The Upanishads – by Easwaran

Light on Life – by BKS Iyengar

Moola Bhanda: The Master Key – by Swami Buddhananda

Teaching Yoga: Exploring the Teacher-Student Relationship... - by Donna Farhi

Autobiography of a Yogi – by Paramahansa Yogananda

Mudra: Yoga in Your Hands – by Gertrud Hirschi

The Tree of Yoga – by BKS Iyengar

Yoga as Medicine: The Yogic Prescription for Health and Healing – by Timothy McCall, M.D.

Light on Yoga – by BKS Iyengar

The Complete Book of Vinyasa Yoga – by Sri Ramaswami